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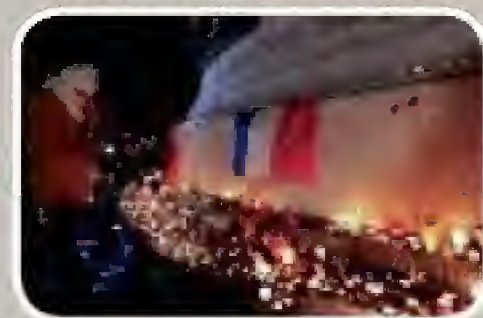
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JUST DANCE

Ballroom dance class welcomes
queer community
metroNEWS

Life and dance partners for over eight years, Zuzana Javorska and Soňa Uhríková are teaching the class in Calgary. ELIZABETH CAMERON

Recycling jammed

WASTE DIVERSION

New bylaw
putting strain
on services, say
city businesses



Josie
Lukey
For Metro | Calgary

Calgary recycling businesses say they are feeling the crunch of the city's new bylaw that requires all businesses to start a recycling program.

According to Nate Weiland, co-owner of Blue Planet Recycling Inc., an increase of industrial materials like plastic is causing a backlog since purchasers just aren't buying.

"There's a lot of industrial materials, particularly plastic, that there's not a lot of market for them," said Weiland. "They're materials that aren't very sought after by processors

so they are a little more challenging to get recycled properly."

Metro spoke with another private recycling firm that expressed the same concerns as Weiland.

As of Nov. 1 all businesses were required to implement a recycling program that needed to include collecting and storing recyclables separately from waste and ensure all recyclables are taken to a recycling facility.

Recyclables from household curbside blue bins go to a sorting facility operated by Cascades Recovery Inc. under contract to the city. But business recycling is entirely handled by smaller, private operators.

Weiland said that the backup could become even more serious and costly as a result of the low number of processors available to his company.

"It could become a challenge to find markets that have the room or capacity to handle material," Weiland said.



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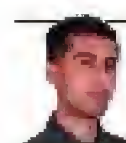
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Artist shops local for video

MUSIC

From the lyrics to the looks Ruben Young's video is all YYC



Aaron Chatha
Metro | Calgary

Musician Ruben Young is proping Calgary up to Take Her Down.

The founder of 50 Days YYC — a 2015 festival that featured a new local musical act every day for 50 days — has released his first pop single, and as expected, it highlights all sorts of Calgary talent.

First off, Young is a young Calgarian, working on releasing his Bad Habits EP early next year.

The song, Take Her Down, is a collaboration with local producer Steve Rokosh and mixed at OCL studios.

The video is shot in the city and stars Calgarian actress and dancer Bree Wasylenko, former finalist on So You Think You Can Dance.

"I envisioned her playing the lead role and I was so excited she could actually do it," said Young. "She was kind of the first piece, and then came the O2 Dance Company."

The O2 dancers created the choreography, and 12 dancers took part in the video, wearing costumes designed by Louanna Murphy — again, a local designer.

Young said the video itself



CHOREOGRAPHY
the O2 Dance Company choreographed the moves, and 12 dancers took part in the filming.

RUBEN YOUNG
Ruben Young is a Calgary-born artist. The video represents the start of a series of visual projects.

BREE WASYLENKO
She has made waves as a finalist on So You Think You Can Dance, and playing Kate on the TV series The Next Step.

FASHION
Louanna Murphy, one half of Dreamboat Lucy, designed the outfits. Murphy makes clothing and jewellery by hand, and worked to create a stylish visual vision.

RUBEN YOUNG

is a four-minute mind game of love, told in the abstract by Young and the dancers. It begins with Young tied to a

chair, being held by Wasylenko. "She sets me free, I chase her — but then the dancers represent the mind game," he

said. "They stop me as soon as I get close."

Young believes Calgary is brimming with talent that's

worth showcasing — and it makes for an incredibly fun time collaborating.

The song is out now on

iTunes and the video releases Nov. 15.

For more information, visit www.officialrubenyoung.com.



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PERSON

CALGARY HEROES Ordinary people doing extraordinary things

Doctor fills health resource gap

HEALTH

Cardiologist fights for community-centred care



Jennifer Friesen
For Metro | Calgary

Dr. Anmol Kapoor calls it a "heart failure tsunami."

When the cardiologist opened the Advanced Cardiology clinic in 2011, he noticed a gap in resources for patients out in the community versus those in hospital.

"If you have five people in a room, it's likely that one of them will have heart failure," he said. "And there's a lack of support happening in health care."

With an aging population, heart failure is a growing disease and one of the leading causes of rehospitalization. All three of Calgary's heart failure clinics are sitting inside hospitals, so Kapoor said there isn't



Using his own money and charitable donations, **Dr. Anmol Kapoor** runs the CHARM Clinic, which helps people with heart failure manage their illness outside the hospital. JENNIFER FRIESEN/FOR METRO

enough access to preventative help out in the city.

Those hospital clinics can serve approximately 15 per cent of the community, he said, which "leaves the majority of heart failure patients out

in the community."

So Kapoor decided to take matters into his own hands.

Last year, he opened the CHARM Clinic, Alberta's only community-based heart failure clinic.

Through charitable donations and money out of his own pocket, the clinic teaches patients self-care through one-on-one meetings and check-ups with a nurse.

Since the clinic's inception,

it has reached more than 200 patients.

"I don't think there should be a price for a life and access to information," he said.

"There are a lot of people from multiple languages and ethnicities living in the city, and they have economic barriers, language barriers and social barriers. They are not getting proper information. No one is looking after them. But I'm a doctor, so I asked, 'How can I help?'"

Currently, if a family doctor suspects their patient has heart failure, they will refer the patient to a specialist. But Kapoor said the patients are often left waiting for months, in which time the condition can worsen.

At the CHARM Clinic, patients are seen within two weeks.

And this isn't Kapoor's first foray into the fight for community-based health care. Five years ago, he launched the DIL Walk Foundation with his wife, Raman Kapoor.

The charity's main focus is awareness, using community

events such as the annual DIL Walk, and language-diverse resources to keep the public informed.

The grassroots initiative is completely volunteer-run and provides access to education, CPR training and free screenings.

"We have to think outside the box," said Kapoor. "If you want to save costs at a hospital, we have to spend more money in the community, especially with chronic diseases. Somebody has to take action."

To date, the DIL Walk Foundation has reached more than 20,000 people and spends \$250,000 on the cause annually — the majority of which came straight from the Kapoor family.

"People always ask me why I do it, and it's because it makes me happy," said Kapoor. "When I see happiness in their eyes — that makes me happy inside. I can't change the world, but I can change the world of one person, and that's the best feeling. You can't buy that feeling with any amount of money."



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GENDER IDENTITY

Extensive Bill 29 brings much needed modernization

Elizabeth Cameron
For Metro | Calgary

Calgary's non-binary community will be able to indicate their gender with a third-option "X" on government documents, if the federal government follows Alberta's lead.

The Vital Statistics and Life Events Modernization Act, or Bill 29, was introduced this week by minister of Service Alberta Stephanie McLean, and includes an amendment which will allow Albertans who identify as neither male or female to represent their gender with an "X" on government issued documents, such as marriage or birth certificates.

"For me personally, it's a big deal," said Beck Paterson, a non-binary university student in Calgary.

"It's important to be validated and supported," Paterson said.

"When I go somewhere and have to show my identification, it outs me. Indicating my gender with an "X" outs me as a non-binary person, but it's on my terms."

Identifying as non-binary is

different for everyone, according to Paterson.

"For me, it means I have a relationship with masculinity and femininity, but I don't feel defined by either. I would never say I don't have a gender. I just feel like my gender is all-encompassing."

Paterson said the bill is a good step in the right direction, but added the fight to include non-binary individuals is "far from over."

"People are going to think what they want to think," Paterson said. "It's hard to engage with people whose minds are already set, but with more visibility and education, they might be willing to learn."

The change would take effect only if the federal government decides to change gender indicators on federal documents, like passports.

"I think it's a very important bill," said Aria Ehren, a full-time student and trans-rights activist.

"There's a strong possibil-

ity the government will enact measures to include non-binary Canadians. (This bill) has the greatest implications for things like the census, where certain members of our community are not currently represented, because they are not enumerated. We don't know how they're affected by income disparity, job loss, or other factors."

Alberta is the first province in Canada to introduce the "X" gender marker on vital records.

Bill 29 introduces a variety of amendments, including one that allows midwives to register a birth. There are also amendments to the rules surrounding access to vital records, such as birth certificates.

Ehren said the provincial government has a good relationship with the trans-community.

"They're doing a pretty good job of trying to include the broadest net of Albertans in their policy," Ehren said.



Indicating my gender with an 'X' outs me as a non-binary person, but it's on my terms.

Beck Paterson

Jamaican bobsled team gets local boost

GOOD WILL

After their van breaks down, Calgarians pitch in to help

The Jamaican bobsled team suffered some hard luck in Calgary on the weekend, but some local businesses and a crowdfunding page have come to their aid.

A group of 12 athletes is travelling through Canada and the U.S. to try and get a spot in the 2018 Winter Games in South Korea.

But while competing at Canada Olympic Park in Calgary on Saturday, the group's van

broke down before the they could get to their next stop in Whistler, B.C.

The team was also running low on food and money.

Two businesses, Mobile Data Solutions and Driving Force, have helped supply transportation for the team while a GoFundMe page has been set up to cover other costs of the trip to B.C.

The story of the bobsleders showing up at the 1988 Calgary Games inspired the Disney movie "Cool Runnings."

After competing in Whistler, and if they have enough money, the team will be back in Calgary from Dec. 12 to Jan. 2, before heading to Park City, Utah, and Lake Placid, N.Y.

THE CANADIAN PRESS



The original Jamaican Bobsled team got lots of media attention at the 1988 Winter Olympics. The latest incarnation of the team had challenges this week. CANADIAN PRESS FILE

VIOLENCE

Weekend shooting leaves one man dead



Josie Lukey
For Metro | Calgary

One man is dead and another is in hospital after two unrelated shootings in Calgary over the long weekend.

On Friday, police were called to the 2400 block of 47 St. SE after a neighbour reported hearing what sounded like gunshots coming from a home at around 5 a.m.

When police arrived, they found a man in his 20s who had been shot and killed. Witnesses reported several men fleeing from the scene in a four-door sedan.

CPS Homicide Unit said it now has multiple people in custody in connection with the death. They are considered persons of interest and police have yet to lay any charges.

The men in custody were arrested Friday evening in the northeast community of Taradale after a long standoff with police.

An autopsy will be completed early this week, where the victim's name will be released.

On Saturday, police found a

+ MAN IN HOSPITAL

In addition to the fatal shooting, another man was injured in a second shooting on the weekend.

The second shooting is believed unrelated.

No names have been released in either case.

man suffering from a gunshot wound after being called to a residence in the 700 block of McDougall Road NE at around 8:45 p.m.

The man believed to be in his late 30s, suffered one gunshot wound to his upper torso, and was transported to hospital in non-life-threatening condition where he has since been unco-operative with officers.

Police believe the man may have been transported to the residence where they found him.

Although the two crimes are considered unrelated, police are asking anyone with information to call police at 403-266-1234 or Crime Stoppers anonymously.

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Monday, November 14, 2016

Calgary **metro** NEWS



PC leadership candidate Jason Kenney, right, has said there was a lot of new supporters at the convention in Red Deer.
THE CANADIAN PRESS/ DEAN BENNETT

O'Neill asks members to be more respectful

POLITICS

PC president hopes probe into harassment is 'wake up call'

They say politics is an ugly beast and for the Alberta Progressive Conservative party, the last week has shown the reality of how true that statement is.

Katherine O'Neill, president of PC Alberta, said she hopes members have learned to be more respectful after allegations of harassment from the camps of Jason Kenney and Sandra Jansen resulted in the launch of a third-party investigation into the

party convention, held in Red Deer last week.

"I'm just hoping this might have been a wake up call to people that we need to just take a deep breath, and when we support our candidate we do in a way that's fair and respectful," O'Neill said.

It's been almost a week since Jansen withdrew from the leadership race, citing insults scrawled on her nomination forms and harassment at the convention. Kenney also stated he faced people shouting expletives at him and faced attacks online. Donna Kennedy-Glans who also withdrew from the leadership race, said she saw a polarized environment at the convention.

Yet as the fourth leadership race in the last 10 years for the

"It really does come down to everybody's conduct, and how they're going to conduct themselves."

PC president Katherine O'Neill

PCs continues, O'Neill admits the changes have been rough on the party. And although the nature of leadership races are divisive, the party has zero tolerance for harassment and intimidation.

She said the party has received

close to 200 emails from members saying they are happy about the swift action taken by the party and are looking forward to seeing the results of the investigation. Although O'Neill could not comment on the investigation itself, she said she has received complaints from both Kenney and Jansen.

Nonetheless, O'Neill wants members of the PC party to remember that they are all the same family. She understands the need to support candidates but urges them to do it in a way that is respectful.

"It really does come down to everybody's conduct, and how they're going to conduct themselves," said O'Neill.

THE CANADIAN PRESS

ADMINISTRATION

Review of city departments finds big savings



Brodie Thomas
Metro | Calgary

The city's latest zero-based review (ZBR) has found potential savings of \$4.6 million, but administration is also making some adjustments in how it performs the business unit investigations.

This week the city's priority and finance committee will get a look at the latest ZBR on Calgary Building Services.

The savings found were more modest than most past ZBRs — \$4.6 million which should be realized over five years. ZBRs have been conducted in seven business units across the city,

and have found a total savings of \$50 million in operational savings and capital cost avoidance.

Now as the city works toward its final eight ZBRs, administration is asking for the program be streamlined a bit, and is recommending changes that will help the reviews target larger problems that exist between the business units.

Coun. Ward Sutherland, vice chair of the city's priority and finance committee, said the ZBRs will take a wider scope in coming years. "I know we're going to focus some major parts of the ZBR internally on the overhead of the actual corporation because we're a large corporation," said

\$50M

Savings found by zero-based reviews so far

\$4.6M

Savings found in city's latest review on Calgary Building Services

Sutherland. While the report says the remaining ZBRs will focus on business units with smaller operating costs, they're also the units with greater oversight and therefore the opportunity to drive "whole-organization efficiency."

The report also suggests that new performance measures will have to be developed that focus on outcome, and how Calgar-

ians are better off as changes are made. Sutherland said he'll still be looking for dollar values as the reviews roll out.

"We have to have the hard dollar value," he said. "It's not worth investing the money if we don't get a dollar return."

So far the city says it has saved \$11 for every dollar invested in the ZBR program.

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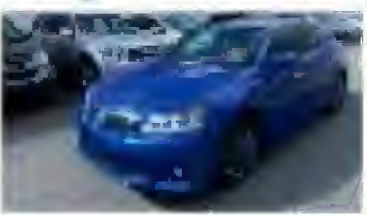
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INNOVATION

Councillor sets up task force to fund aging public works



Brodie Thomas
Metro | Calgary

For years now, the city has been wrestling with where Community Associations (CAs) fit into the city.

A report last month from the University of Calgary's School of Public Policy said the city needs to do more to provide CAs stable funding, but the city has been quiet on the report's recommendations.

Now a new initiative spearheaded by Coun. Gian-Carlo Carra may help CAs find their footing in the 21st Century.

Carra's Community Representation Framework Project is seeking \$250,000 from the city's Council Innovation Fund.

The money will be used by a task force to re-examine CAs and develop a new funding framework for their infrastructure.

He said many of the assets CAs oversee such as rinks and halls are nearing the end of their lifespans.

"Our community groups are basically like slave labourers — working to keep our assets going," said Carra.



Our community groups are basically like slave labourers — working to keep our assets going.

Coun. Gian-Carlo Carra

+ DETAILS

■ The Community Representation Framework Project is seeking \$250,000 from the city.

■ If the funding is approved, the Community Representation Framework Project is scheduled to report back to council in the first quarter of 2018.

noting the CA positions are all volunteer.

The role of CAs gets even more cloudy in newer greenfield developments where there may also be a Residents' Association.

Carra said one of the issues the task force working on the project will explore is how to create healthier communities that have more stable lifespans.

He said rinks and schools should not fall empty as an entire neighbourhood loses its children after 20 years.

Carra also noted that one of the authors of the School of Public Policy's report, Jyoti Gondek, is on the task force.

Mosque open to all

OUTREACH

Local Muslim community hopes to bring people together

Elizabeth Cameron
For Metro | Calgary

The Muslim community in Calgary wants you to take your shoes off, so you can let the love in.

The Ranchlands Mosque was vandalized about a month ago, which prompted the Islamic Association of North West Calgary (IANWC) to host an open house with the aim to further positive relationships between non-Muslim Calgaryans and the Muslim community.

L.J. Stollery drove across the city to attend the event and make some new friends.

"Anytime we can learn about our neighbours, it's important to do so," Stollery said.

"Especially with what just happened in the U.S., the more we can learn — the better."

According to the Muslim Council of Calgary (MCC), there are over 80,000 Muslims from diverse backgrounds living in Calgary.

Tables of food with traditional dishes from all corners of the broader Muslim community, including China and Africa, were set up inside the mosque for guests to eat. Conversation tables were available for attendees and volunteers to chat. The event wrapped up



L.J. Stollery is served some traditional treats at an open-house organized by the IANWC at the Ranchlands Mosque in Calgary. ELIZABETH CAMERON/FOR METRO



We want to be friends — that's what it's really about at the end of the day. Beenish Khurshid, the director of youth, women and communications at IANWC

with a Q&A panel, giving Calgaryans the opportunity to ask any questions they wanted of the IANWC.

"We are open to talking about any and every question about Muslims and Islam," said Muhammad Abbas, the director of outreach initiatives with the IANWC.

"We value our differences and strive to build a society

where faith, culture, or ethnicity is never a question to someone's Canadian identity, but rather a strong component of that identity."

Abbas said it is essential to resist forces of division.

"We are proud to be Canadian. We are proud to be Muslim. We believe in love, respect and dignity for all, regardless of race, creed, or religion," he

said, quoting one of the IANWC's key outreach initiatives.

Beenish Khurshid, the director of youth, women and communications with the IANWC, encouraged non-Muslims to get to know their Muslim neighbours.

"We encourage people to come see for themselves what Muslim-Canadian youth look like, people who were born and raised here and believe strongly in Canadian values, but also have a strong Muslim identity," Khurshid said.

"We want to be friends — that's what it's really about at the end of the day."

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Adult industry banging along

Sex sells, and it's selling better than ever as the Calgary Taboo Show wraps up

STORY AND PHOTOS AARON CHATHA/METRO

1 Knautica

Dancers Luna, Sarah Bella, Landon Waters and Cho made their debut as Knautika — a special team put together just for the Taboo show.

The performers, from Calgary and elsewhere in Alberta, featured acrobatics, LED hula hoops and fire breathing. The group found a sensational dynamic and will now be making the act a more permanent endeavour.

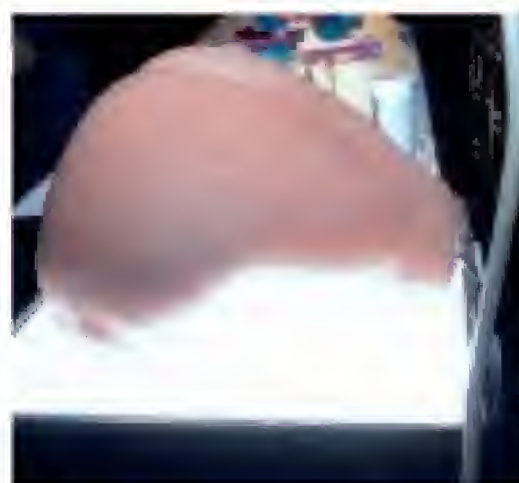
2 Polejunkies

Alternative fitness has been gaining traction for years now, and Pole Junkies sees a wide range of students. "We pretty much have everybody — from 18 to students who are 52," said manager Tori Glasman. The workout started in the strip club, but has evolved since 2007 to become a full-body exercise that's fun to master. "A lot of my students say they feel like they're flying," she said.



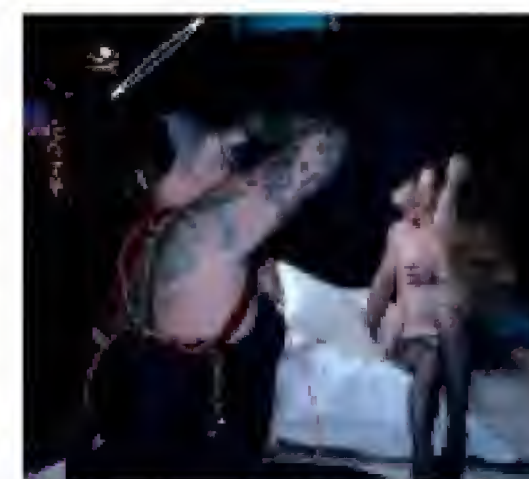
3 Little Shop of Pleasures

Cheri Nelson, manager of Calgary's Little Shop of Pleasures, said sales have been rising over the last four or five years. "I've been doing this a really long time," Nelson said, "and there's generally a lot more people (now) talking about sex, younger generations and older generations." She said the most popular items right now are the womanizers and we-vibes, but the showstopper at the Taboo show was the Twerking Butt.



4 Boudoir photos

Crystal Mitchell of LLL Boudoir Photography specializes in the sultry side of couples photo shoots. "Couples do it to maybe spice up their marriage, or for an anniversary," said Mitchell. "Something to use as 'material' for their bedside table." Couples are becoming more open to taking these types of photos, according to Mitchell. "Human beings have sex, they enjoy being intimate and now we get to showcase it beautifully."



5 BDSM

Calgary is home to a large BDSM community — interested in many different genres, from bondage to power exchange — where someone controls every aspect of your life. Volunteers from the Calgary BDSM community ran The Dungeon at the Taboo show. "It's just been packed every night — the show is talking about giving us more space next year," said volunteer Rob Kreye. He estimates there are about 120 fetish groups in Calgary alone, all catering to different interests. Just make sure to get to know and trust your partner(s) before you surrender your body to them.

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Community finds its rhythm

LGBTQ

Dance teacher starts queer-friendly class

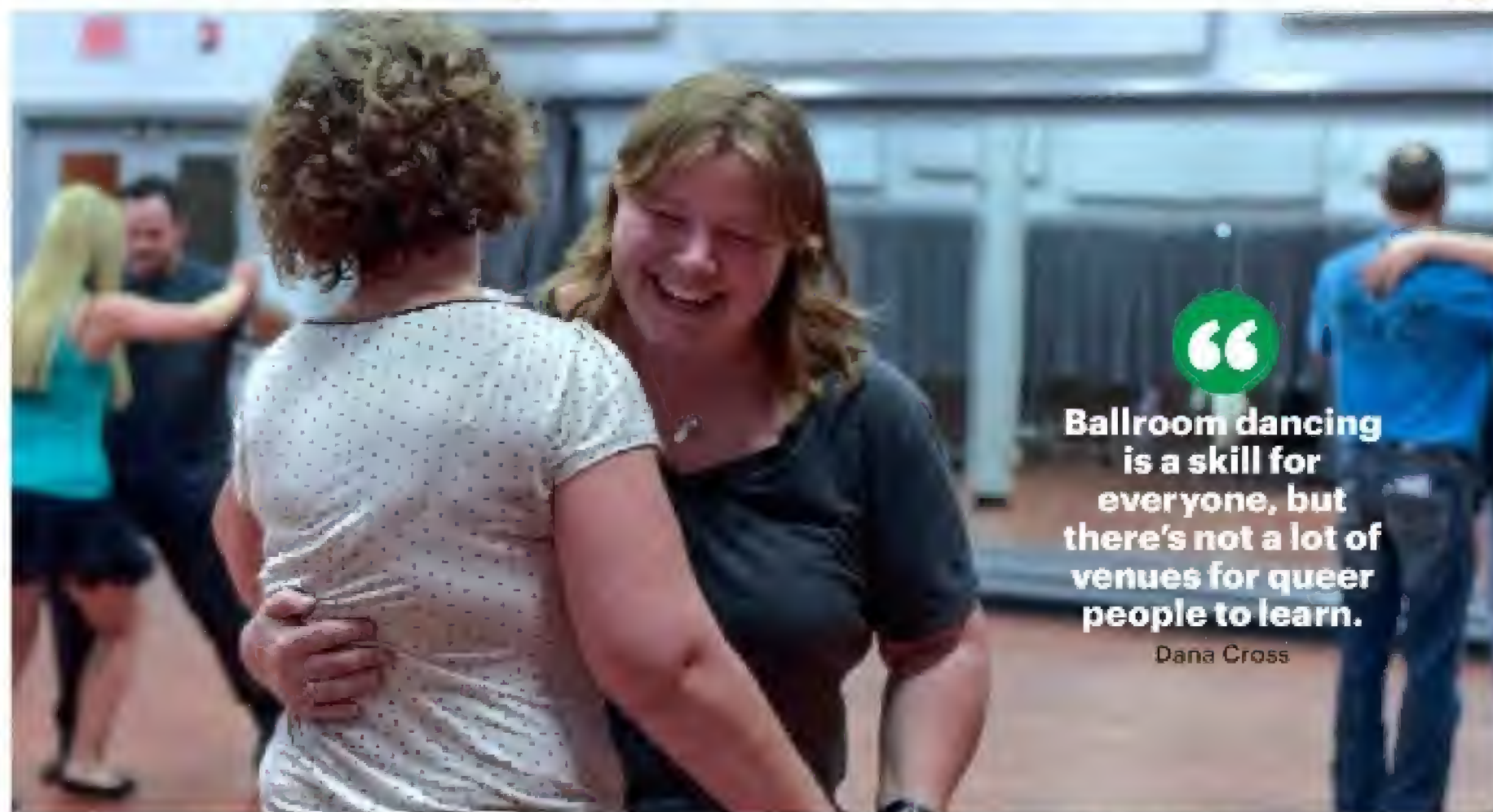
Elizabeth Cameron
For Metro | Calgary

It takes two to tango, but a new ballroom dance class for Calgary's queer community wants to ensure any couple can hit the dance floor. The 12-week-long class, which kicked off this week, is open to individuals or couples from all expressions of gender and/or sexuality.

"I love music and dancing. That shouldn't be a barrier to anyone," said Dana Cross, who organized the class with her fiancée, Shiloh Mullins.

The couple, who are currently planning their wedding, will be learning how to dance together during the class, hosted at the Evergreen Theatre & Community Spaces.

"We need to get on the same page for dancing, so we can partner-dance together," said Cross, who is two-



Jessica Hauser laughs as she dances with her wife, Angela Hauser, at a ballroom dancing class for queer couples.

ELIZABETH CAMERON/FOR METRO

spirited.

She said it's important for the queer community to have an opportunity to interact

outside of typical settings, such as bars.

"Ballroom dancing is a skill for everyone, but there's not a

lot of venues for queer people to learn," Cross said.

"We're part of society. We still get invited to weddings.

We still have our own weddings to dance at."

The classes, which will wrap up just in time for Val-

entine's Day, are being taught by professional dancer Soňa Uhríková and her partner, Zuzana Javorska.

"It's nice to be able to learn to dance in a space where you know you won't be judged, or it won't be awkward," said Rachel Braeuer, who is the LGBTQ program coordinator at Sagesse, an agency with the Calgary Domestic Violence Collective (CDVC).

Braeuer is pan-sexual, and is taking the dance class with her partner, James Demers.

"Classical dance is traditionally hetero-specific, so it's great for queer couples to have a space to learn to dance together," said Demers, a transgender man who identifies as bisexual.

He is the executive director and programmer of Fairy Tales Presentation Society, Calgary's queer film festival.

The class has several spaces available, and Cross is hoping more transgender men in particular will sign up.

"It's always fun to meet up with people and dance, and it's also really healthy for a relationship to be able to dance with your partner," she said.

"Ballroom dancing is a skill for everyone, but there's not a lot of venues for queer people to learn."

Dana Cross

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SYRIAN REFUGEES 'A VERY, VERY SPECIAL' TREAT Justin Trudeau poses for a photo with members of the Hadhad family. The Syrian refugee family who built a chocolate business in Nova Scotia had their product sampled by the prime minister during an unexpected meet-and-greet in Sydney, N.S., last week. A video of Thursday's encounter shows Trudeau embracing Tareq Hadhad and his father, Issam, and calling the family "an extraordinary example of the kind of strength and leadership and engagement that comes with bringing new people to Canada."

"He had been following the story for a while," Tareq Hadhad said Sunday in an interview. "He was so excited. When he came, he knew our names, he hugged us.... It was a very, very special thing for us." PEACE BY CHOCOLATE/THE CANADIAN PRESS



Panama Papers lead to massive investigation

TAX EVASION

85 Canadians suspected of hiding cash offshore

Eighty-five Canadians identified in the Panama Papers Leak are now being investigated for tax evasion, the Canada Revenue Agency has revealed.

Details of Canada's enforcement effort were provided to Torstar News Service the same week the U.K., which is a major hub of the offshore finance world, said it has launched reviews into 65 suspected tax cheats based on the leaked documents.

"The CRA will ensure that all Canadian taxpayers identified from the Panama Papers are pursued," wrote spokeswoman Jelica Zdero in an email.

These numbers represent the first results of a \$444-million investment in the CRA's enforce-

pers, but declined to discuss how it obtained the documents or whether it paid for them, as some European tax agencies have done. It did say that it obtained tens of thousands of supporting documents from foreign governments and court orders

executed search warrants and launched criminal investigations, but declined to be more specific.

"In order to ensure the integrity of our criminal investigative work and to respect the confidentiality provisions of the acts we administer, the CRA does not comment on an investigation that it may or may not be undertaking," CRA spokeswoman Lisa Damien wrote in an email.

Canada loses an estimated \$6 billion to \$7.8 billion in tax revenues to offshore tax evasion every year. Despite this staggering number, the CRA hasn't been very successful in prosecuting offshore tax schemes, having convicted only 49 people and levied \$13.4 million in fines since 2010. TORSTAR NEWS SERVICE

The CRA will ensure that all Canadian taxpayers identified from the Panama Papers are pursued. CRA spokeswoman Jelica Zdero

ment capacities, announced in April, days after the massive leak of offshore corporations and trusts.

The CRA confirmed that it had reviewed more than 2,600 records from the Panama Pa-

pers, but declined to discuss how it obtained the documents or whether it paid for them, as some European tax agencies have done. It did say that it obtained tens of thousands of supporting documents from foreign governments and court orders

To date, 60 formal audits have been launched into Canadians identified in the leaked database of Panamanian law firm Mossack Fonseca.

The CRA also said it has

KILLER WHALES

'The population is not going to recover'

For an endangered species of killer whales, the loss of a young female has some experts worried that the population may reach a point where it stops growing.

There are only 80 killer whales among the southern residents — a clan of orcas that lives in the waters off southern B.C. and Washington State — and the death of each female is a lost opportunity to increase the pod. Ken Balcomb, senior scientist for the Centre for Whale Research, said the recently deceased orca called J28 follows a trend of females dying late in pregnancy or not long after giving birth.

"This has got to stop," he said. "The population is not going to recover if we don't have reproductive females."

J28 gave birth to a male calf last year. Researchers noticed something was wrong last January, Balcomb said, when she began losing weight. The 23-year-old orca died in October — her calf also looked thin, and Balcomb said his survival without a mother was unlikely.

J28's body was not recovered so the cause of death is uncertain, but Balcomb suspects inadequate food and toxins are to blame. THE CANADIAN PRESS



On the left, J28 is robust and pregnant. A year later, on the right, she and her calf appear thin. VANCOUVER AQUARIUM

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#WomenOnBoards

A four-part Metro special focus

'No reason boards can't be 50/50'

EQUITY

Gender parity lacking beyond federal cabinet, analysis shows



Ryan Tumilty
Metro | Ottawa

Prime Minister Justin Trudeau's concise "Because it's 2015" explanation of why it was important to him that an equal number of men and woman make up his cabinet gave many people hope that gender parity would extend beyond his ministry.

But an analysis by Metro reveals federal Crown corporations still have a way to go before their boards are comprised of as many woman as men.

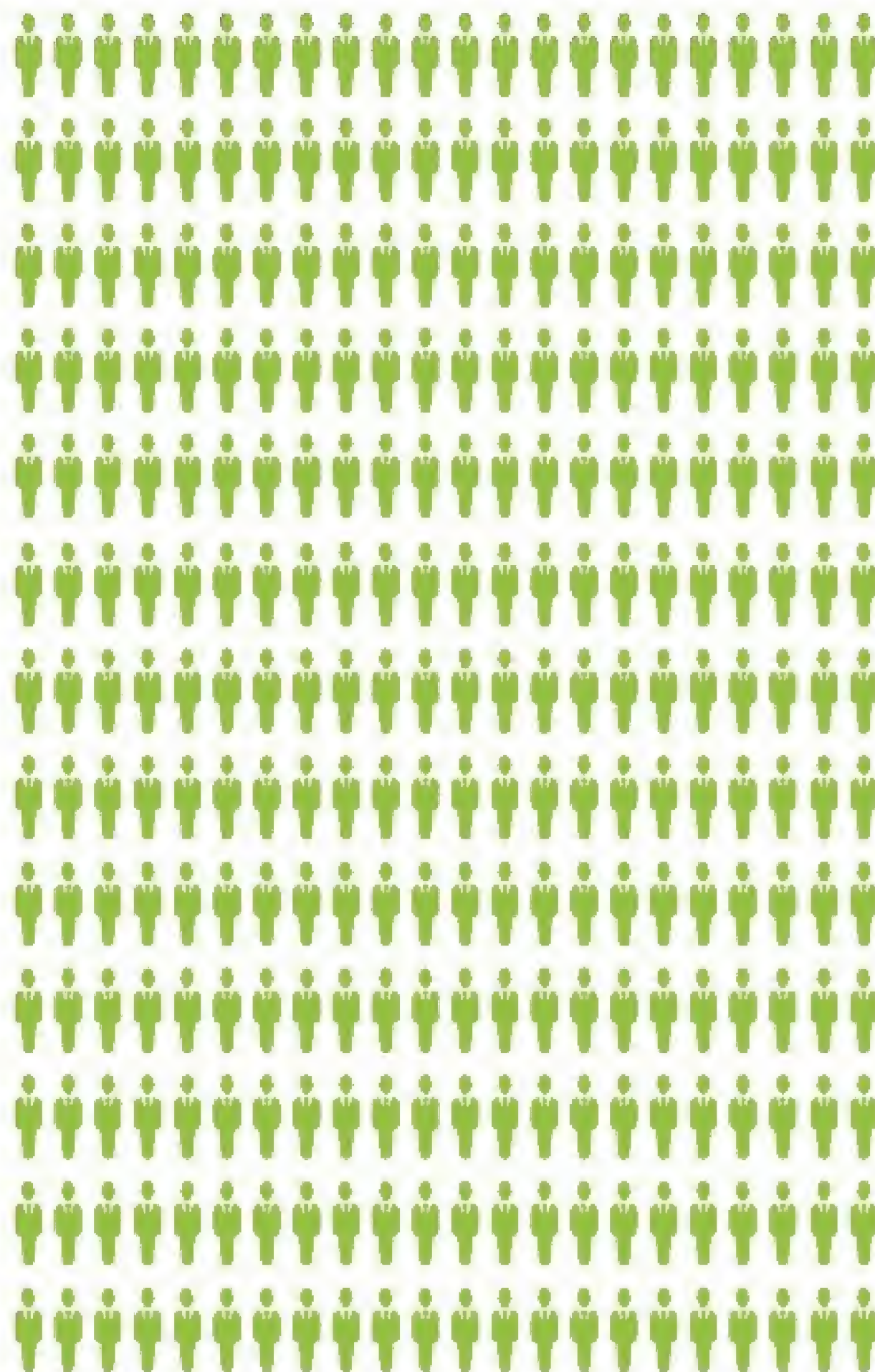
There are a total of 399 appointees spread out across the various boards of directors of the 42 federal Crown corporations. Of those, 135 appointees — or 34 per cent — are women.

Some fare better than others when it comes to the number of women on their boards. Women hold eight of the 10 seats on the Canadian Museum for Human Rights' board of directors. Over at the International Development Research Centre, seven of the 12 board members are women.

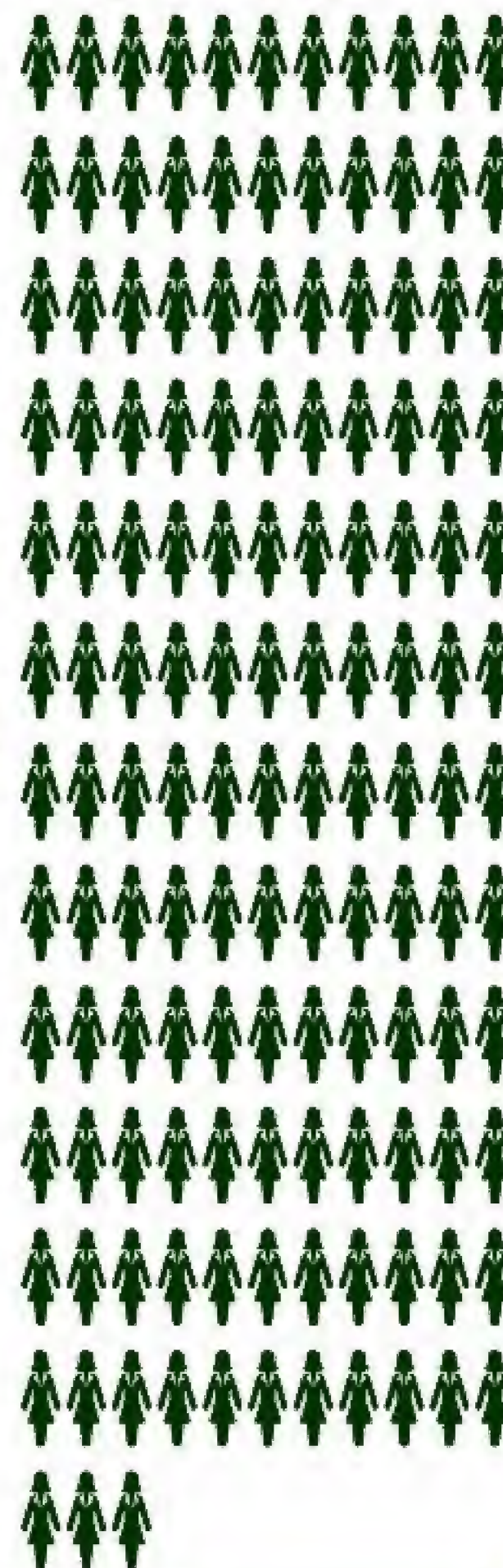
Two Crown corporations — the Canadian Dairy Commission and the Laurentian Pilotage Authority — have no women on their boards.

Many others — including highly influential Crown corporations such as the Bank of Canada (which has four women on its 15-person board) and the Canadian Mortgage and Housing Corporation (which has two women and three vacancies on its 12-person board) — are made up of mostly men. The federal cabinet appoints board members to Crown corporations, typically to multi-year terms.

Raymond Rivet, director of



There are a total of **399 seats** on Crown corporation boards and **135 women** and **264 men** currently occupying those seats. That's almost **two men for every woman**



media affairs with the Privy Council Office, said changing the makeup of the boards is something the government is working on.

"To help the government achieve these goals, the Privy Council Office works with the responsible ministers' portfolio departments and organizations to help ensure that recruitment strategies and outreach are aligned with these objectives," he said in an email.

"Candidates for (board) positions complete an online profile, where they provide information on their second official language proficiency, and voluntarily self-identify as a member of an employment equity group," he said.

Economic Development Minister Navdeep Bains introduced a bill earlier this year, C-25, which

if passed will require publicly traded companies to disclose the gender makeup of their boards.

Neither Bains nor Status of Women Minister Patty Hadju was available for an interview, despite repeated requests by Metro over several days.

Equal Voice spokesperson Nancy Peckford, whose organization advocates for more women

in political office, said the numbers — while better than the gender balance on corporate boards in the private sector — show the government still has more work to do.

"I would say the number is encouraging," she said. "It shows absolutely there is more work to be done."

The government should take

a closer look at the boards of its Crown corporations to determine which ones need a better balance of women and men when it comes time to appoint new members, she said.

"We believe there is no reason that those boards can't be 50/50 men and women," she said.

Equal Voice encourages women to seek political office, though Peckford notes they often need more prodding than men to do so. She says she hopes the government continues its efforts to reach out to women.

"Women tend to question their own skill sets and their value at some of these tables more than their male counterparts," she said. "I don't think it's a lack of commitment. I just think it's putting all the wheels into motion."

ABOUT THIS SERIES

THIS WEEK Metro will look closer at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

+ AT A GLANCE

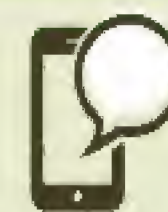
Some Crown corporation boards fare better than others.

Boards without any women:
■ Canadian Dairy Commission
■ Laurentian Pilotage Authority

Boards with a majority of women:

■ Canadian Museum for Human Rights
■ Federal Bridge Corporation
■ National Arts Centre
■ International Development Research Centre

WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards.**



A giant fireball is seen as a wildfire rips through the forest south of Fort McMurray on Highway 63 on May 7. CANADIAN PRESS FILE

Effects of the wildfire

RED CROSS

Study looking at impact on Métis, native communities

Melanie Dene still remembers the harrowing ordeal of driving through fiery hell during the evacuation of Fort McMurray six months ago with her two young daughters.

"It was scary and I was like 'Oh my God,'" she said. "I just started praying and telling my girls that it was going to be OK."

Dene and her family lost their home and all of their belongings in the fire but made it out safely. They now live in Edmonton.

She and others are now the subject of a research study into how the wildfire affected First Nation and Métis communities in and around the Fort McMurray region.

The Canadian Red Cross is funding research, which involves talking to people whose homes were destroyed in the city, who faced food shortages in outlying communities and those who

can no longer hunt, trap or pick berries because of the charred terrain.

The study involves five First Nations that make up the Athabasca Tribal Council along with the Wood Buffalo, Willow Lake and Chard Métis communities and other organizations.

Maggie Farrington, CEO of the tribal council, said they hope to learn how to help communities recover from the fire and be better prepared for future disasters.

The council estimates about

66

There is a healing element in telling stories.

Maggie Farrington

10,000 indigenous people live in the region, including some who lost homes in some of the hardest hit city neighbourhoods.

The \$500,000 study is being conducted by a consulting firm and will include asking people to share what happened to them during the fire.

THE CANADIAN PRESS

IN BRIEF

Cohen's son expresses thanks for sympathy

In the wake of Leonard Cohen's death last week at 82, his son has thanked the public in an online message.

"Thank you for your kind messages, for the outpouring of sympathy and for your love of my father," Adam Cohen wrote in a statement

posted Sunday on Facebook and Instagram.

The family had followed the musician's wishes for an intimate Montreal service, Cohen said. A steady stream of visitors has been stopping by his house in Montreal to lay flowers, candles and even a fedora at the doorstep.

THE CANADIAN PRESS

SETTLEMENT

First Nation accepts \$50M in land claim

Members of a First Nation on Vancouver Island have ratified a nearly \$50-million settlement with the federal government, compensating the community for a piece of land in what is now downtown Nanaimo, B.C.

Ninety-eight per cent of the 848 community members who cast a ballot Saturday opted to accept the \$49,148,121 deal, said Douglas White, acting chief of the Snueymuxw First Nation.

"I think the result really confirms that we took the right ap-

proach and that we ended up in the right spot from the perspective of our membership," he said.

The settlement is compensation for a 32-hectare piece of land White said was unlawfully taken from the First Nation in the 1880s.

"There was oral history in the nation about this reserve and this loss of this reserve," he said.

A member of the community raised the issue in the late 1980s, White said, and after years of historical research and legal

analysis, the federal government agreed in 2003 to begin negotiations for a settlement.

"It's something that's been on the minds of the members for a long period of time, so to finally get to this point where there's some kind of resolution is remarkable."

The agreement will also give the First Nation the right to request a replacement parcel of land, which White said could include part of a former military camp in Nanaimo.

The settlement funds will go into a trust to create economic opportunities for the Snueymuxw First Nation now and into the future, White said.

"This work has taken so long and many of the people that started it are no longer with us," he explained.

"So we're trying to strike a balance between immediate benefits, but also setting up the trust in a way that provides for the nation over generations."

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Trump picks chief of staff

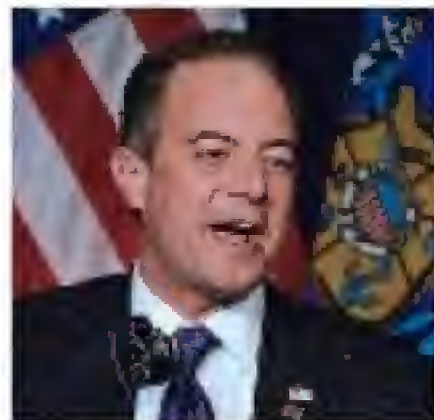
U.S. POLITICS

Republican honcho given top position in White House

President-elect Donald Trump named Republican Party chief Reince Priebus as White House chief of staff and conservative media owner Stephen Bannon as his top presidential strategist, two men who represent opposite ends of the unsettled GOP.

In bringing Priebus and Bannon into the White House, Trump is making overtures to both traditional Republican circles and the party's anti-establishment wing, which helped fuel the businessman's political rise.

Priebus has deep ties to GOP congressional leaders, particularly House Speaker Paul Ryan. Bannon previously ran the Breitbart website, which was fiercely critical of Republican



Reince Priebus
THE ASSOCIATED PRESS

leadership, including Ryan.

Bannon was notably given top billing in the press release announcing the appointments, a curious arrangement giving that White House chief of staff is typically considered the most powerful West Wing job.

Under Bannon's tenure, the Breitbart site pushed a nationalist, anti-establishment agenda and became one of the leading outlets of the so-called alt-right — a movement often associated with white supremacy and a defence of "Western values."

THE ASSOCIATED PRESS



A road in Wellington on Monday. ROSS SETFORD/SNPA/THE ASSOCIATED PRESS

New Zealand hit by deadly quake

A powerful earthquake struck New Zealand's South Island early Monday, killing at least two people, damaging buildings and infrastructure, and prompting emergency services to warn people along the coast to move to higher ground to avoid tsunami waves.

The magnitude-7.8 earthquake struck just after midnight in a mostly rural area that's dotted with small towns.

Near the epicentre, it opened up snaking fissures in roads and triggered landslides.

It caused damage in Wellington, the capital, more than 200 kilometres to the north and was also strongly felt in the city of Christchurch to the south. Residents said the shaking went on for about three minutes, and was followed by a number of strong aftershocks.

Police said one person died in the small coastal town of Kaikoura and another in Mt. Lyford, a nearby ski resort.

The quake completely cut off road access to Kaikoura, said resident Terry Thompson, who added that electricity and most phones were also down in the town of 2,000, a popular destination for tourists taking part in whale-watching expeditions. THE ASSOCIATED PRESS

IN BRIEF

Many children among dead as Syria violence continues

At least 11 children were among 23 people killed Sunday in northern Syria as pro-government forces kept up their campaign against opposition areas in the country's north, while rebels shelled a government-held district in Aleppo city.

At least eight more people were killed in a suspected airstrike on a crossing point connecting Kurdish-held areas with rebel areas in northern Aleppo province, the Kurdish security force said.

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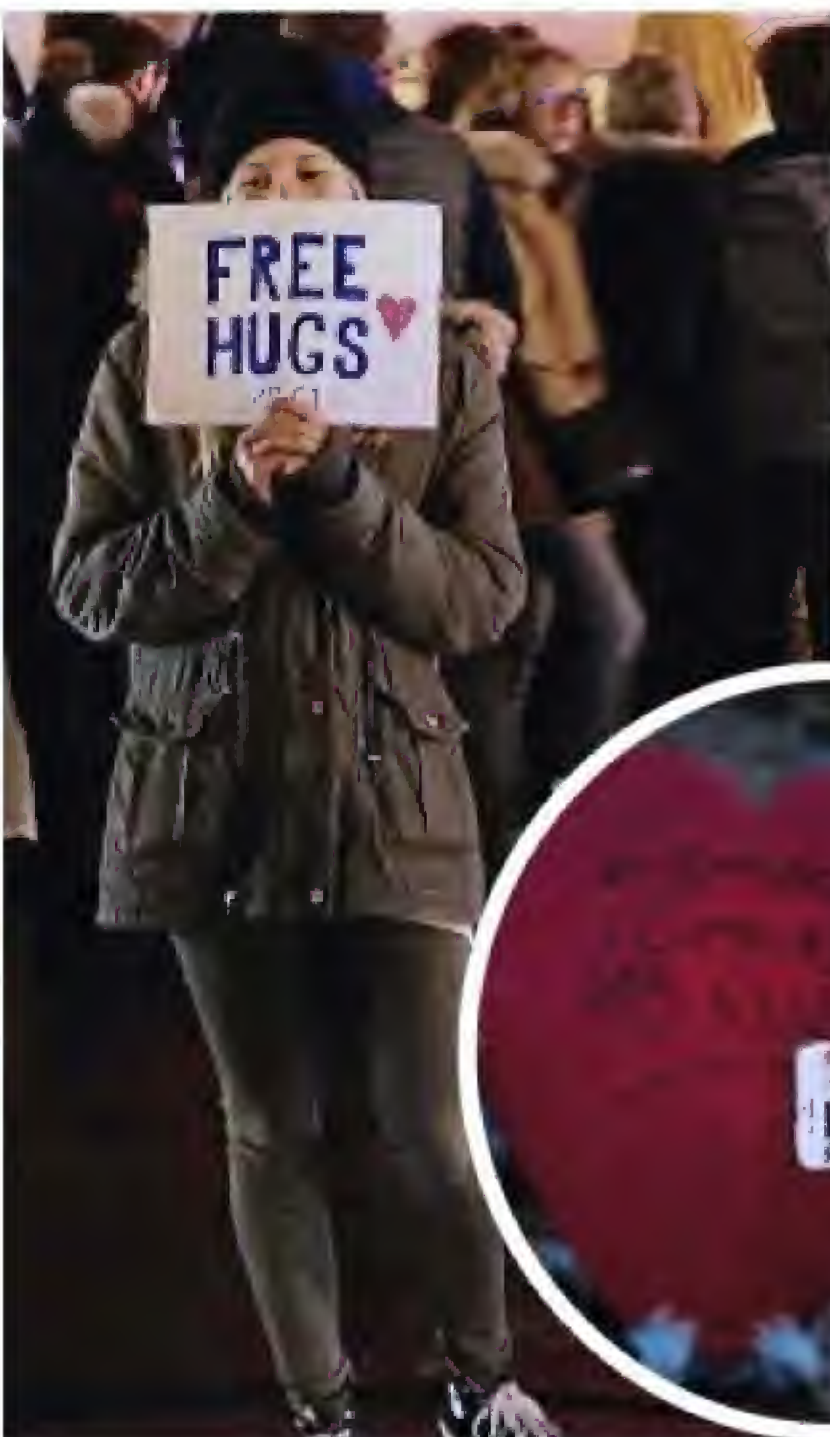
Bulgaria's leader quits ahead of big election loss

Bulgarian Prime Minister Boiko Borisov announced his resignation after polls showed his party losing badly in Sunday's runoff presidential election.

Survey showed Gen. Rumen Radev taking about 58 per cent of the vote. "We accept the will of the people and we congratulate those who have the support of the majority of the voters," Borisov said.

THE ASSOCIATED PRESS

metro IN PARIS



Mourning the lost, a year after attacks

Lance McMillan
For Metro in Paris

Despite the city still being on high alert, many in Paris weren't deterred from coming out to vigils to remember the lives were taken one year ago.

At Place de la République, people holding signs saying "free hugs" waited for anyone who was in need of an embrace — many were.

Outside the Bataclan, which only just reopened Saturday to a sold-out Sting concert, visitors lit candles and left flowers.

Across the street from the concert hall, a piano was rolled out for anyone who wanted to play a tune for the crowds that had gathered. Mistakes didn't matter here. The emotions that exuded from every song overwhelmed the senses and brought many to tears.

The most moving moment came as a woman played the late Leonard Cohen's Hallelujah as strangers locked arms with each other and swayed back and forth while singing along.

PHOTOS BY LANCE MCMILLAN/FOR METRO

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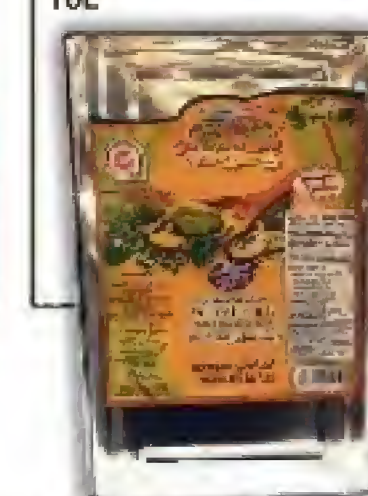
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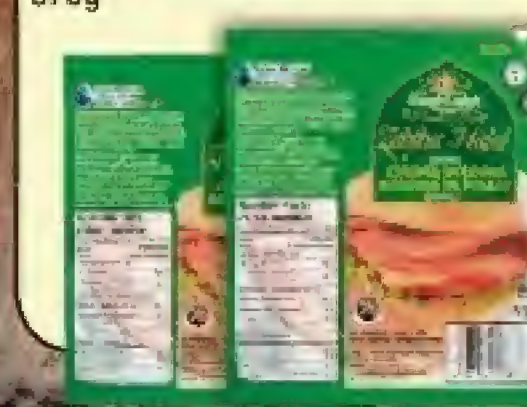
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Renewed hope for peace in Colombia

POLITICS

Government signs a new accord with FARC rebels

Colombia tried a second time to achieve peace, with its government and largest rebel group signing a revised deal to end its brutal conflict following the

surprise rejection of an earlier peace accord by voters in a referendum.

Government negotiator Humberto de la Calle and rebel negotiator Ivan Marquez announced the new, modified deal Saturday in Havana, moving to end a half-century-long conflict that has claimed more than 220,000 lives and driven almost 8 million people from their homes.

The latest agreement aims to address some of the concerns

of opponents of the original accord, who said the deal was too lenient on a rebel group that had kidnapped and committed war crimes.

"The new deal is an opportunity to clear up doubts, but above all to unite us," said De la Calle, who described the text of the modified accord as "much better" than the previous one. The negotiator didn't say if or how it would be submitted again to voters for approval or to congress.

President Juan Manuel Santos and the Revolutionary Armed Forces of Colombia inked an initial peace deal on Sept. 26 amid international fanfare after more than four years of negotiations. But voters rejected it on Oct. 2 by just 55,000 votes, dealing a stunning setback to Santos.

Santos instantly began looking for ways to rescue the deal and the sides extended a ceasefire until Dec. 31 to get the modified deal done. THE ASSOCIATED PRESS



Demonstrators show support for a peace deal between Colombia's government and FARC rebels in Bogota. THE ASSOCIATED PRESS FILE

APPROVED BILL

Israel to recognize West Bank outposts

An Israeli committee on Sunday approved a bill that if adopted would legalize outposts built without government permission in the West Bank, territory Palestinians demand for their future state.

It still needs to pass several stages before it can be adopted. A first reading is expected in parliament on Wednesday.

"The state of Israel today began an historic process of regulating the settlements in Judea and Samaria," Cabinet minister Naftali Bennett, head of the pro-settler Jewish Home party, that promoted the bill said, using the biblical names for the West Bank.

The bill was in part meant to stop the looming evacuation of the Amona outpost. The Supreme Court has ruled it was built on private Palestinian land and must be demolished by Dec. 25.

Amona's fate threatens to destabilize Prime Minister Benjamin Netanyahu's hard-

line coalition.

Amona is the largest of about 100 West Bank outposts built without permission but generally tolerated by the government. These are in addition to 120 settlements that Israel considers legal.

In 2006, Israeli police demolished nine homes at Amona, setting off clashes pitting settlers and their supporters against police and soldiers. Several dozen trailers have remained.

Yesh Din, an Israeli rights group, condemned the bill calling it "a legal stunt designed to legally sanction takeover of Palestinian land in the West Bank."

Israel captured the West Bank in the 1967 war and built settlements there soon after.

The Palestinians and the international community consider both settlements and outposts illegal or illegitimate and an obstacle to the creation of a Palestinian state.

THE ASSOCIATED PRESS

“The state of Israel today began an historic process of regulating the settlements in Judea and Samaria
Cabinet minister Naftali Bennett, head of the pro-settler Jewish Home party

IN BRIEF

Man dressed as ninja steals sword from Alaska card shop
A katana sword is missing from an Alaska card shop after a burglar in a ninja outfit broke in.

KTVB-TV reports security cameras filmed the costumed suspect entering the Anchorage business sometime after it closed Friday and leaving with what looked to be the Japanese-style, curved sword.

Spenard Bosco's employee Erich Helmick said inventory is being checked but that so far it seems the sword is the only item missing.

Helmick said the Anchorage Police Department responded to the incident and a report has been filed.

Anyone with information on the robbery is asked to call police. THE ASSOCIATED PRESS



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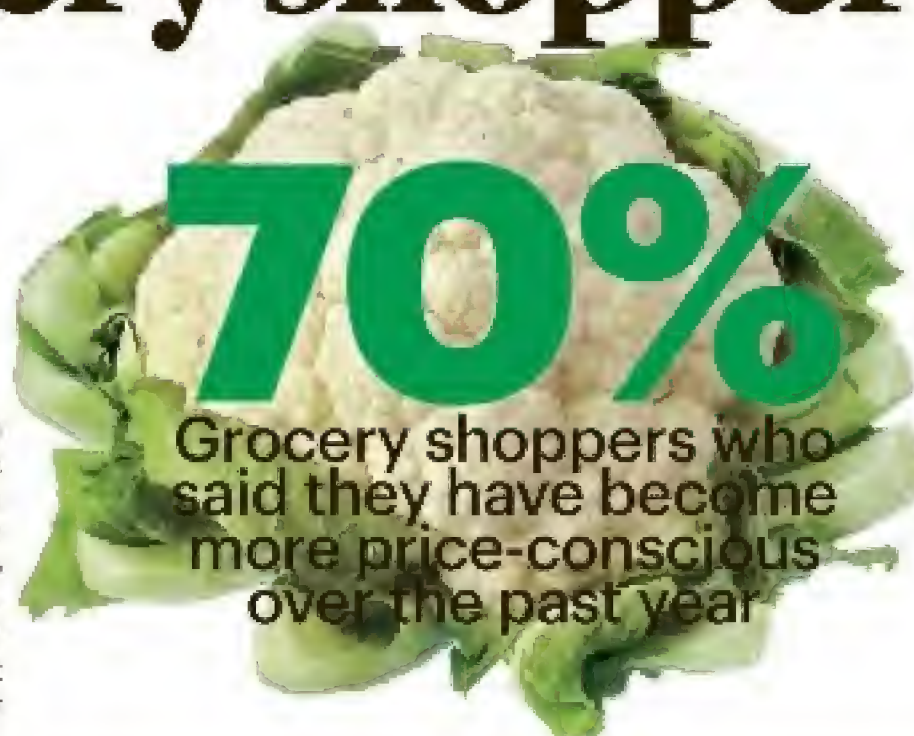
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Grocery shoppers get pickier

FOOD

Ontario tops list of bargain hunters, B.C. in last place

The price of cauliflower has dropped from \$8 a head in January, and prices for sirloin steak and ground beef were down in September relative to last year, but see-sawing grocery prices have left Canadians feeling pickier about what they buy, according to new



70%
Grocery shoppers who said they have become more price-conscious over the past year

research.

"The average consumer will come into a grocery store with a much different mindset than just last year," said lead researcher Sylvain Charlebois, professor in the faculty of agriculture at Dalhousie University.

In fact, 70 per cent of 1,004 respondents across Canada said they have become more price-conscious due to food price fluctuations over the last 12 months.

Nearly 60 per cent said they are looking for deals more often and 57 per cent said they

are stocking up more often on sale items.

Charlebois said he thought shoppers in economically challenged regions like the Prairies, Alberta and the Maritimes would have reacted the most to the price volatility, but Ontarians topped the list of regions when it came to some bargain-hunting behaviours.

In Ontario, 55.5 per cent of respondents reported actively searching for cheaper alternatives to what they normally purchase, compared to 23 per cent in last-place British Columbia. TORSTAR NEWS SERVICE

EMPLOYMENT

Unlimited vacation a work perk

Terry Hussey has never forgotten how Sunday nights used to feel: anxious dread, before another week at a job he hated.

So when he became CEO of Vigilant Management in Paradise, N.L., a company he co-founded in 2012 to oversee construction projects, he set out to nurture a particular kind of workplace culture.

Along with flex time and lunchtime video games, he instituted an eye-catching policy — unlimited vacation.

"People might think: 'How can work get done here?'" he said, sitting in a boardroom with bright orange walls that match the chairs. "But when it's time to get work done, work is getting done."

Unlimited vacation policies were first made popular in the tech sector, where companies emphasize fun, creative work cultures as a recruiting and retainment tool. Although still very much the exception across North America, they're especially popular with workers for the implicit message they send: trust.

"I've found my dream job," Todd Tremblett, who has worked as a junior project manager at Vigilant for six months, said in an interview. "You know the work that needs to be done and they trust you to do it. They don't micro-manage."

The idea is to give employees firm, clear goals, and judge only whether they're met. Such policies also have the substantial benefit to the company of removing any vacation liability from its books.

Experts say it doesn't lead to people taking substantially more vacation — in fact, it often leads to less. "People don't just vacation whenever they want to. In fact, sometimes it almost does the opposite where people don't actually take vacation at all because now that it's unlimited, there's no requirement to take it," said Stacy Glass, a consultant with HR Options in Markham, Ont.

THE CANADIAN PRESS

PRIVATE CAPITAL

Trudeau wooing investors

Prime Minister Justin Trudeau will take an important step Monday toward his ambitious goal of turning Canada into a magnet for foreign investment when he meets with some of the world's most powerful institutional investors.

Trudeau is hoping to persuade some two dozen representatives of large international pools of capital — including central banks, sovereign wealth funds, insurers and pension funds whose combined assets are worth a staggering \$21 trillion — that Canada offers a stable economic and political environment in which to safely invest.

He will be accompanied by nine members of cabinet, including Finance Minister Bill Morneau, Infrastructure Minister Amarjeet Sohi, Transport Minister Marc Garneau and Health Minister Jane Philpott. The trio are also set to make their pitch to about a dozen Canadian investors.

THE CANADIAN PRESS

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IN BRIEF

Toyota to pay \$3.4 billion to settle truck lawsuit

Toyota will pay up to \$3.4 billion US to settle a class-action lawsuit brought by U.S. pickup truck and SUV owners whose vehicles lacked adequate rust protection. Court filings show that the settlement reached on October 31 covers 1.5 million vehicles. The settlement estimates the value of replacing the frame at roughly \$15,000 per vehicle.

THE ASSOCIATED PRESS

Trump can't put kids 'out of work': Top adviser

Rudy Giuliani, a top adviser to U.S. President-elect Donald Trump, says it would be "unrealistic" to purge his children from his businesses and hand their control over to a trustee.

Appearing on televised interviews on Sunday, Giuliani initially said Trump should set up "some kind of blind trust." When pressed, Giuliani told CNN's State of the Union that

Trump's unusual situation might call for more flexibility than a traditional blind trust and involve his three children.

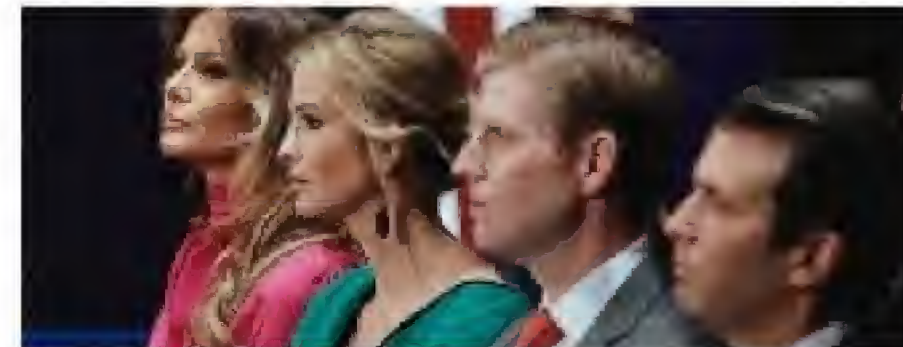
"I think he's in a very unusual situation," Giuliani said. "He would basically put his children out of work" if he didn't involve them, Giuliani said.

Giuliani said Trump's three adult children — Ivanka, Donald Jr. and Eric — who are in-

involved in his businesses would not advise Trump once he becomes president in January. All three children are, however, on the executive committee of Trump's transition team.

Giuliani said after the inauguration "there will have to be a wall" between Trump's children and Trump "with regard to government matters."

THE ASSOCIATED PRESS



Donald Trump's adult children Ivanka, Eric and Donald Jr., seen with Melania Trump, left. THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I held the door open for someone at a very busy chicken place and then they cut in front of me in line. Do I accept this?

Dear Ellen,

Whenever possible, I hold the door for people, but at my local Portuguese barbecue chicken place, the line is always long and the service (unlike the chicken) leaves a bit to be desired. The last two times I went, I reached the door a millisecond ahead of the next patron, and both times I held the door open, and let them enter before me. But neither time did the other patron say anything like "You held the door; of course I won't go ahead of you in line." No, both times they happily let my door holding allow them to be served ahead of me. In total, I lost several minutes to my door manners.

Do I need to hold the door when I can see it leading to inconveniences? And am I wrong to think that people shouldn't use door-holding as an excuse to add to the frustrations of the person kind enough to hold it?

Door Holder

Dear Door Holder,

There's something about people cutting into a line that brings out the child in some of us — possibly because it harkens back to that horrifying childhood moment when we realize the world is not fair. Our loss of innocence begins on the day we find out that, even if we behave properly and follow the rules, no one

After the vitriol of the U.S. campaign, I realized how stupid I was to get mad at people who cost me a few nanoseconds.



© Ani Castillo

can guarantee we'll get the justice we deserve.

I personally find it enraging when people crowd onto the streetcar ahead of me after I've politely queued behind everyone who was there before me. It's also super annoying when you're at the supermarket checkout with one item, and someone with a full cart dives ahead of you.

I'm ashamed to admit how much time I spend thinking up "cutting" remarks that will shame them into better manners, which would be ironic since the remarks I come up with would be blatantly rude.

Believe it or not, the U.S. election last week improved my attitude. Regardless of whose side you were on, I'm sure most people felt trepidatious, even up here in Canada, as to what would happen.

So I was hyper-aware of everyone around me as I set out to pick up a Metro News from the corner box, and walk to my local café. I had to dodge the usual late-for-work drivers wheeling through right-hand turns without looking and pedestrians weaving all over the sidewalk as they stared at their phones. But I dodged them without my usual sense of angry indignation. After all the

nasty vitriol of the campaign, followed by Hillary's gracious high-road concession speech, I realized how stupid I was to get mad at people who cost me a few nanoseconds here and there.

If you want to be polite, you have to accept that sometimes it can result in inconvenience. What I see when you open the door, stand aside and generously let someone else go ahead of you in line is a generous and well-mannered person who is making the world a better place.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Glamour magazine defines 'woman' in mysterious ways

The era of women is over.

"What era?" you ask.

"I can't hear you over this buzzing sound," I would answer. The buzzing sound is thousands of women opening up Glamour magazine to find that Bono from popular iPhone band U2 is one of their Women of the Year.

"Is Bono a woman?" you ask.

"Bono is not a woman," I would answer. I know this because I am a woman. And Bono doesn't know our secret handshake.

None of this matters to Cindi Leive, Glamour's editor-in-chief, who said, "The idea that a man who could select any cause in the world to call his own, or no cause at all, is choosing to work, and not just for one night or at a special event, but consistently day after day and month after month on behalf of women, is incredibly cool and absolutely deserves applause."

Bono's anti-poverty work is deserving. His philanthropic range is admirable: Product RED, the ONE campaign, making Paul Martin seem cool.

Still, and maybe it's just nitpicking, but he's not a woman. What Glamour sees as overdue recognition is irritating.

First, Bono identifies as a man. He just does. Call him your man of the year. Invent a word (may I suggest GlamMan?) but don't confer the honour of womanhood on him when he neither needs nor wants it. We

needn't condescend to men.

This seems like the start of a troubling pattern. Are human women passé now? Is there some kind of fatigue with corporeal female beings? When the UN named Wonder Woman as their ambassador, we should have known that it was the beginning of the end.

I haven't checked the statistics, but a quick survey of the women I know shows that they haven't been recognized as a Glamour Woman of the Year. Even if we are running out of women, there are at least a few left who haven't been recognized. Or maybe we are out of women. Surely someone would have noticed if the global population of women were rapidly declining.

We should be cautious in how we reward men who work on behalf of women. For every Bono, there are likely thousands more women working in decidedly unglamorous conditions who will go unrecognized. Even in Bono's case, there are so many women who make it possible for his work to even have any impact — African grandmothers for one.

As women from different political backgrounds contend with the Hillary Clinton loss, the spotlight should stay on the women who do the tough, uphill and unglamorous work of advocating for women's lives.

Let's be wary of giving men a standing ovation when human women still barely get a round of applause.

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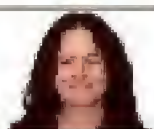
Living for tomorrow instead of just today

Daniel and Emily Teo set up their own financial systems in order to avoid pitfalls with money. As a result, they have paid off their student loans, travelled and bought property in Toronto. The engineers share their tips for fellow millennials on a personal finance blog called Urban Departures. CONTRIBUTED

PERSONAL FINANCE

Getting by in life 'paycheque to paycheque' a growing reality

Melissa Dunne
For Metro Canada



Even Drake hardly uses the phrase YOLO (you only live once) anymore, but many of his fellow Canadians still subscribe to the motto when it comes to their finances.

A new survey from the Financial Planning Standards Council (FPSC) found that 35 per cent of respondents said "they live for today and let tomorrow take care of itself."

Numbers show Canadians really do seem to be living for today, with little thought given to how they will pay for tomorrow. A staggering 40 per cent of the survey respondents said if they lost their job or other main source of income, they

would only have enough money to continue paying their living expenses for four weeks or less, and 19 per cent said they would run out of money after just one week.

Kelley Keehn, FPSC's consumer advocate, does not advocate taking a YOLO attitude towards finances. The Gen Xer encourages millennials to start young, and aim to have about six months of living expenses saved up for that inevitable rainy day.

For those looking to pay for some professional help, Keehn suggests going to findyourplanner.ca to find a certified financial planner. There are also many free online tools available, added the author of nine books on finance.

"You really need to have a solid financial plan," said Keehn in a phone interview.

HAVE SOME PRUDENCE

About one in four respondents to the FPSC survey said they worry "almost constantly" about money. Bridget Eastgaard, 30, used to be no different.

BY THE NUMBERS

40%

If they lost their job, 40 per cent of Canadians would only have enough money to live on for four weeks or less.

19%

According to the Financial Planning Standards Council, 19 per cent said they would run out of money in just one week.

When the Calgarian was in university her mind was preoccupied with her growing debt. While the millennial was able to land a full-time job shortly after graduation, she didn't know how to dig herself out of about \$20,000 of student debt.

"I literally Googled 'how to

pay off student loans," said Eastgaard in a phone interview.

It turned out she was a quick learner and was able to pay off her debt in just 22 months, by working full time, plus doing tutoring on the side.

She became so passionate about finances that she eventually went back to school to get a degree in finance and now works full time on her business, the blog Money After Graduation.

Fellow millennials Daniel and Emily Teo, also have a passion for finance.

The two engineers/bloggers of the personal finance blog, Urban Departures, use what Daniel, 31, calls "systems."

"We have better things to do with our time, so we set up systems," said Daniel, a dad to two kids under four, in a phone interview.

The systems include having a budget, tracking the budget, looking at the statistics and understanding the trends, explains Daniel. This strategy has worked quite well for the Teos, who over the past decade have



After paying off her student loans in just 22 months, Calgarian Bridget Eastgaard became passionate about finances. She now runs a blog titled Money After Graduation. CONTRIBUTED

paid off their student loans, travelled, and bought property in Toronto.

If you happen to be a millennial millionaire like Drake, you can likely live the YOLO motto every day, every day ... while a team of professionals manages your substantial finances for the future.

For the rest of us mere mortals it's perhaps wise to amend The Six God's lyrics to: YOLOBYMLFALTSHSFP —You Only Live Once (But You Might Live For a Long Time) So Have Some Financial Prudence.

Not quite as catchy as the original motto, but certainly more practical.

Don't avoid that mess you've made



Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?" ISTOCK

PERSONAL FINANCE

Move forward by facing fear, embarrassment head on

Gail Vaz-Oxlade
For Metro Canada



Have you ever seen the movie *The NeverEnding Story*? The majority of the story takes place in the parallel world of Fantasia, a world being destroyed by *The Nothing*. As *The Nothing* creeps across the land, everything is consumed, leaving behind desolation and emptiness. The protagonist is a young warrior, Atreyu, who is charged with finding a way to stop *The Nothing*.

I've met people who have *The Nothing* in their lives when it comes to their money.

They are living in a miasma of inaction, the desperation of their circumstances paralyzing them. They're afraid to look too closely at the mess they've made because that'll crystallize just how dire their circumstances really are. Sometimes they feel helpless. They even avoid seeking help because they're

too embarrassed by the mess they've made to fess up and get help.

If you're sure that what you're doing now isn't working for you, then it's time to make some changes. For as long as you remain mired in *The Nothing*, you will be eaten by the misery you're feeling.

Face *The Nothing* head on and you will not only overcome the fear and the embarrassment, you'll no longer feel helpless. You'll be moving forward.

It won't happen quickly. It'll take time. And effort. It took time to make the mess, so it'll take some serious effort to fix what's broke.

Set aside the excuses you've been using for why you're in a mess, like, "Gail, I want to make things better, but I just don't know where to start. How can I take money out for the jars if I'm always in overdraft?"

I get this question all the time. Hey, does being in overdraft stop you from buying groceries? I don't think so. And that's the money you're putting in the food jar. Using the jars isn't about finding extra money, it's about taking the money you'd normally spend out of the bank (yes, even off your overdraft) and putting it into your jars.

then not spending any more than that.

Eventually, if you've done a budget and you're cutting back on your expenses, you'll have the money to pay off that overdraft because you're watching where your money goes and you're focused on getting rid of the overdraft.

Here's another excuse I hear frequently: "I can't figure this out. I just don't really have a brain for money. It's too hard. Where can I go to get someone to help me?"

You don't own a pen and a piece of paper? You can't add and subtract? So many people see the math of money as overwhelming. It isn't. It's Grade 5 math. Seriously. Grade 5. Stop with this excuse!

You can change your life. You can work out your money problems. But you have to want to do it.

And you have to be willing to get off your ass and do the hard stuff it takes to figure out where you are and where you want to go. If you let your sense of being overwhelmed, your lack of time, or your waning willpower get in the way, *The Nothing* will eat you.

For more money advice, visit Gail's website at gailvazoxlade.com

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YOU CAN DO THIS HORTICULTURE

Getting your hands dirty

WHY I LIKE MY JOB

Mark Ellis, 31, Contract Landscape Designer in St. Albert, Alberta

My hands were always dirty as a kid, so I figured I might as well continue the trend into adulthood.

Whether my day calls for sod laying, planting, watering, trimming, fertilizing or digging, I'm always preoccupied — but I seriously love what I do.

My interest in horticulture sprouted during my high school years, when I spent most of my summers cutting and maintaining grass at an 18-hole golf course.

My high school guidance counsellor recommended the horticulture program at Olds College, which provided an on-campus greenhouse and indoor fields as classroom settings.

There, I learned how to produce landscape drawings. I also learned how to properly care for and maintain most types of local flora.

I now work as a contractor, travelling across the outskirts of Edmonton to coordinate the use of plants, trees and shrubbery on both private and public spaces.

Doing this job, there are challenges I face every day, such as tree and plant diseases, but there's something so satisfying about bringing plants back to life and comparing the 'before and after' of each project.



THE BASICS:
Horticulture Specialist

\$38,835

Median annual salary for a horticulture specialist or technician. Landscape foreman and grounds maintenance supervisors have the potential to earn upwards of \$60,000.

+8%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, ontariocolleges.ca, nacc.ca, servicecanada.gc.ca and onetonline.org.

HOW TO START

Many colleges offer diploma programs and apprenticeships in horticulture and landscape technology, encouraging those with a love for the outdoors to break out from the four walls and pursue their passion for sustainable development. Students will acquire a range of skills in landscape assessment, green space and garden maintenance, urban and rural landscape design, and pest management.

Horticulture is a nationally designated trade under the Interprovincial Standards Red Seal Program, enabling qualified technicians to work anywhere in Canada.

WHERE YOU CAN GO

The landscaping and horticulture sector tends to be a particularly attractive path for youth; however, many mature adults have pursued the industry as a second or late career option. Entry-level roles in this field include gardener, arborist, lawn care specialist and tree service technician.

The new government has promised blossoming infrastructure development — and is currently under increased public pressure to redevelop tarnished industrial sites and to restore national historic sites back to their former glory. Thus, the potential for new jobs exists in various settings including public squares, recreation areas, rural and urban parks, parking lots, cemeteries, golf courses and so on.

SOCIAL MEDIA

'Crazy' to say Facebook influenced election

Facebook CEO Mark Zuckerberg says the idea that fake news spread on Facebook influenced the outcome of the U.S. election is "crazy."

Still, the majority of Americans (six in 10) say they get at least some news from social media, mostly Facebook, according to the Pew Research Center. While a lot of this news comes from established outlets — whether CNN or BuzzFeed News — misinformation spreads on Facebook just as information does, shared by users, recom-

mended by software and amplified by both.

Sources of spurious information have ranged from news articles produced by "content farms" for the sole purpose of getting clicks, to "hyperpartisan" sites from both sides of the political spectrum, churning out stories that are misleading at best.

Case in point: "FBI agent suspected in Hillary email leaks found dead in apartment murder-suicide" — a fabricated headline from a fake news site called the Denver Guardian, was shared

thousands of times in the days leading up to the election.

Is it possible that voters were swayed for or against a candidate, much like those same people might buy a product after seeing an ad on Facebook? Zuckerberg says voters deserve more credit.

During an interview Thursday with The Facebook Effect author, David Kirkpatrick, Zuckerberg said the idea that people voted the way they did because of bogus information on Facebook shows a "profound lack of empathy" for supporters of

Donald Trump. "Voters make decisions based on their lived experience," he said.

Over the summer, Facebook fired the small group of journalists in charge of its "trending" items and replaced them with an algorithm. The catalyst appeared to be a report in a tech blog, based on an anonymous source, that the editors routinely suppressed conservative viewpoints.

Subsequently, fake stories ahead of the election began to trend.

THE ASSOCIATED PRESS



Facebook CEO Mark Zuckerberg rejects the idea that fake stories on the social network paved a victory path for president-elect Donald Trump. LLUIS GENELLUIS GENE/AFP/GETTY IMAGES

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Inspiring change for young girls

ANIMATED FILM

Angelina Jolie to bring tale of Afghan child to big screen

Ever since she penned a young adult novel about an 11-year-old girl in a Taliban-torn Afghanistan who chops off her hair and disguises herself as a boy to earn a living for her impoverished family, Deborah Ellis has been flooded with praise from readers.

Most of them are children who fell in love with her story, *The Breadwinner*, in classrooms across the globe, often reimagining the Cochrane, Ont. author's tale as a performance for the school theatre.

But now, 16 years after its release, *The Breadwinner* and Ellis are about to be put in an even bigger spotlight — in part because of actress Angelina Jolie.

The star, who doubles as an advocate for refugees and women's rights, is bringing *The Breadwinner* to the big screen. She recently signed on as the executive producer of an animated adaptation of the beloved book set to be released next fall.

"The fact that she's connected to the project is very, very exciting," Ellis told the Star of Jolie, whom she has yet to meet or speak with. "She does tremendous work in a bunch of fields in social justice and I know she will make a project that everyone is going to be proud of."

The Breadwinner is dear to Ellis, a feminist and anti-war advocate, because it was inspired by time she spent in Afghan refugee camps, hearing from women facing oppression.

"I keep hoping the book will go out of style, and there will be justice and sanity in the world,

but we keep dealing with the same issues," she said. She also hopes its film version will inspire change for young girls like Ellis's protagonist Parvana.

Despite writing an early draft of the movie script to shape the character's presentation, Ellis is taking a back-seat role in the film's development, eschewing stereotypes of authors who are fiercely protective of adaptations of their work.

"I know how to write books. Actually, I should say, I'm learning how to write books, but movies are a whole different thing," she said. Those working on the film are "going to take it to a much greater level than I would have been able to."

Among those Ellis is putting her faith in is another Canadian: Anthony Leo, the co-founder of Aircraft Pictures, a Toronto production company.

He first became enthralled with Ellis's tale when, on a Caribbean vacation with a few families years ago, he listened as a friend read the book to her daughter every evening. "It really stood out to me because all 12 of us — adults and kids — sat there and were enraptured," he said. "Over the week, we read the whole thing together."

Those memories returned in 2009 when Leo and business partner Andrew Rosen visited Groundwood Books, Ellis's publisher, and their host pulled out a copy of *The Breadwinner*.

They quickly nabbed its film rights and, luckily, when it came to finding early funding for the project, didn't have to look beyond the mother who introduced Leo to the book on their holiday: businesswoman and former politician Belinda Stronach.

"What can I say? Her and her daughter have good taste in Canadian literature," Leo said laughing. TORSTAR NEWS SERVICE



Actor Angelina Jolie will executive produce *The Breadwinner*, an animated adaptation of a book by the same name that was written 16 years ago by Deborah Ellis, a writer from Cochrane, Ont. TORSTAR NEWS SERVICE

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I keep hoping the book will go out of style, and there will be justice and sanity in the world, but we keep dealing with the same issues. Deborah Ellis, right, on the book she wrote 16 years ago that's being adapted to film by Angelina Jolie



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Story lost in translation: Revisiting first Inuit novel

LITERATURE

MacEwan prof aims to create English text from syllabics

The story reaches out of an Arctic past stretching back to long before Europeans came, a world when a hunter's fate was determined by snow and ice, claws and courage.

An academic is dusting off a text considered the first Inuit novel in an effort to understand the travels and many translations of an almost-forgotten Canadian classic: *Harpoon of the Hunter*.

"I'm interested in the journeys texts take," said Valerie Henitiuk of MacEwan University in Edmonton.

Harpoon of the Hunter, first published in 1970, is the story of an Inuit boy coming of age as a hunter and a man. Its journey begins in the preliterate past.

"I heard some of the stories from my grandfather and grandmother, mother and father," said author Markoosie Patsauq, reached at his home in Inukjuag, Que.

"From their stories, I decided to find out more. I started asking some elders from the community, how can I do this? How can I make something? It's like a small part of the history of our people."

The original text was in Inuktitut and used syllabics — the circles, triangles and squiggles first developed by missionaries to write down the language.

Harpoon originally appeared serialized in a government-sponsored magazine. The magazine's



Valerie Henitiuk, PhD professor and indigenous initiatives executive director at MacEwan University, photographed at her home on Nov. 11, 2016 with variations of the book, *Harpoon of the Hunter*, considered to be the first Inuit novel. JASON FRANSON/THE CANADIAN PRESS

editor, James MacNeill, encouraged Patsauq to translate the story into English.

That was the version, edited by MacNeill, that was published.

It's short, but complex. It uses four different points of view, including a polar bear's. It offers a vivid view of how Inuit communities worked, the relationships between men and women, and the realities of their daily lives.

Translations followed in French, then German and Danish. A French academic is working on a new translation using the syllabic text. Other than that, no translator has gone back to the original, said Henitiuk.

"We have a game of telephone. We have an English self-transla-

tion, which becomes the source text for everything else and nobody looks back at the Inuktitut."

Henitiuk said she's not criticizing Patsauq's translation of his own work.

"(But) translations exist to do different things. The English translation, the aim of the text, is to appeal to English readers and, sometimes, changes need to be made."

She's sensing that the original and the English version Patsauq produced for his government editor are slightly different.

Drama is played up. Activities that would have been obvious to an Inuit reader are expanded and explained. Christianized elements are added.

Perhaps MacNeill, himself a children's author, saw the story as a children's book despite its often bleak material. It has been marketed that way complete with illustrations.

"I believe (MacNeill) had quite a hand in what was published."

The subtle changes in the text, from Patsauq's original syllabics to fourth-hand versions published in India, are the subject of Henitiuk's work.

With the help of a native Inuktitut speaker, she hopes to come up with a new English translation directly from the original.

"I wouldn't be surprised at all if we found an even better book in that original Inuktitut."

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JOHANNA SCHNELLER WHAT I'M WATCHING



Kate McKinnon, as Hillary Clinton, singing Hallelujah, the signature song by Leonard Cohen on SNL. CONTRIBUTED

The consoling power of art

THE SHOW:
Saturday Night Live, Nov. 12, 2016 (NBC/Global)
THE MOMENT: Hallelujah

Sitting alone at a piano, wearing her trademark white pantsuit, Kate McKinnon, as Hillary Clinton, begins singing Hallelujah, the signature song of Leonard Cohen, who died last week. "Oh, that's a nice tribute to Cohen, and to Clinton," you think. "I didn't know McKinnon could sing so well."

But part of you is waiting for her to do something ironic with the lyrics, maybe in the second verse. As she keeps singing, you realize, "Oh my god, she's doing this straight." And then, "Oh my god, this is really, really moving." Next thing I knew, I was sobbing.

As an American and a woman, this last week has been a terrible one for me. Witnessing Hillary Clinton's heartbreaking, generous, hopeful concession speech, I was in awe of her strength.

She wasn't going to be the woman who cried. I cried for her.

Every day since, it hits me how much we've all lost in Clinton's loss. Who knows when we'll see a woman U.S. president now? Who knows what will happen to the planet, with a world leader who doesn't believe in climate change? Who knows what will happen to people outside the mainstream, with a unified government against them?

But watching McKinnon in that pantsuit — and everyone at SNL who navigated this bitter election so well (another highlight: Tom Hanks doing Black Jeopardy) — I never felt luckier to be a liberal intellectual. I may be loathed by many of my fellow Americans. But I'm so grateful for the consoling power of art.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

'That's the sign of a great songwriter'

LEONARD COHEN

From Oprah to the Olympics, Hallelujah's meteoric rise

There was a time when Leonard Cohen's Hallelujah wasn't even a footnote in the Montreal performer's music career.

The 1984 synth track fumbled its way into release and practically fizzled out, never being promoted as a single.

But it was gradually discovered by performers who eagerly dove into Cohen's lyrical masterpiece and covers began multiplying.

Velvet Underground founding member John Cale was one of the first to reinterpret the song and a cover by the late Jeff Buckley accelerated Hallelujah's meteoric rise from obscurity.

"I couldn't think of any other song that had a trajectory anything like what happened with the phenomenon of Hallelujah," says Alan Light, author of *The Holy or the Broken: Leonard Cohen, Jeff Buckley, and the Unlikely Ascent of Hallelujah*.

Light adds the song went

on to develop incredible range despite its deep lyrics.

"(It's) a song that people sing at funerals and they sing at weddings; that they sing in great celebration in the way he initially intended it — the opening of the Olympics — or it's very melancholy and it's very solitary and sad in the way it gets used in a lot of movies and TV shows."

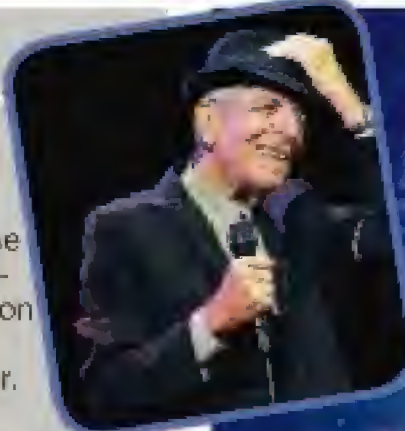
Light has tried to find other songs that have had a similarly unusual journey: perhaps John Lennon's Imagine, Simon & Garfunkel's Bridge Over Troubled Water or Sam Cooke's A Change Is Gonna Come. He says none of them quite compare: "There's a beautiful ambiguity in the song."

When Steven Page was asked to perform Hallelujah at Jack Layton's 2011 state funeral, the former Barenaked Ladies frontman began to reflect on the themes behind Cohen's lyrics. While other covers have skipped some of the darker verses, Page pre-

FAMILY

Cohen's son grateful to fans

Leonard Cohen's son is thanking the public for the outpouring of affection that followed the death of his father. In a Facebook post, Adam Cohen paid tribute to his father's "unique blend of self-deprecation and dignity" as well as his charisma and vast body of work. Leonard Cohen died in his home in LA last week at age 82. THE CANADIAN PRESS



k.d. lang, pictured here performing at the 2013 Juno Awards in Regina, says she cherishes the moment she sang Hallelujah for Leonard Cohen. LIAM RICHARDS/THE CANADIAN PRESS

ferred using all of Cohen's lyrics.

"When you perform the whole song it has a lot more rage, confusion and uncertainty," Page says.

"It's also about disappointing people. That's a heavy topic to broach at a funeral, but I felt like it was the absolute right choice."

Others have taken the song in different directions. U2's Bono chose a trip hop-influenced spoken word approach, Wainwright brought his operatic influences, and singing contest-

ants on shows like American Idol used it mostly to showcase their pipes.

Hallelujah also became a staple of network TV shows like *The West Wing*, *The O.C.* and *ER* when producers wanted to evoke a certain spiritual tone.

Vocal group the Tenors credit the song with helping define their careers. "We've used it in many of the biggest moments we've experienced," says singer Fraser Walters, pointing to an appearance on Oprah where they

sang it alongside Celine Dion.

Walters credits Cohen's astute lyrical ability for giving Hallelujah a nuance that let it be reinterpreted countless times over.

"That's the sign of a great songwriter," he says. "Even though there might be some personal messages in there for Leonard himself, people were able to make it their own. The melody is hauntingly beautiful."

Cohen once expressed mild exasperation with its newfound popularity. "I think it's a good

song, but I think too many people sing it," he told the CBC in 2009.

Page says he agrees that performing Hallelujah has become a bit of a cliché.

"At the end of the day, those clichés happen because they affect people over and over again," Page says. "They get punched in a gut by something in a song and can't even articulate it. That's what great songs do, they articulate a feeling for us."

THE CANADIAN PRESS



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SHINING A SPOTLIGHT ON DIABETES IN CANADA

Diabetes is an epidemic in Canada, with 303,000 people in Alberta living with it and a further 600,000 living with prediabetes.

The number of Canadians with diabetes has doubled in the last 12 years and that growth continues with another person diagnosed every three minutes. The personal health burden is significant — diabetes costs individuals five to 15 years of life expectancy; it contributes to 30 per cent of strokes, 40 per cent of heart attacks, and 70 per cent of all non-traumatic amputations as well as being a leading cause of blindness.

Throughout November, Diabetes Awareness Month, and on November 14, World Diabetes Day — an official United Nations day — people unite to make this invisible disease visible. November 14 is also the birthday of Canadian hero Sir Frederick G. Banting, who, along with Dr. Charles Best (founder of the Canadian Diabetes Association), are credited with the discovery of insulin.

Throughout Canada, monuments will be illuminated in blue to recognize World Diabetes Day including Calgary's Langevin Bridge and community events will happen throughout the country.

"Banting's idea led to the discovery that



BANTING HOUSE NATIONAL HISTORIC SITE OF CANADA IN LONDON, ONTARIO/CONTRIBUTED PHOTO

changed the world. Before insulin, diabetes was a death sentence. Insulin is not a cure, but helps millions of people around the world to live longer, healthier lives," says Scott McRae, regional director for Alberta and Northwest Territories at the Canadian Diabetes Association. "The Canadian Diabetes Association is proud to own and operate the birthplace of insulin, Banting House National Historic Site of Canada in London,

Ontario. People from around the world come to pay their respects and keep Banting's spirit alive — and we join the international community in recognizing World Diabetes Day."

Although there is no way to prevent type 1 diabetes, early risk detection can help people change habits to prevent the onset of type 2 diabetes and reduce downstream complications.



SIR FREDERICK G. BANTING/CONTRIBUTED PHOTO

Take charge of your health, and find out if you are at risk for type 2 diabetes by taking a two minute online test at DiabetesTest.ca.

You can also participate in the 21 Day Challenge to End Diabetes by starting a new healthy habit to raise vital funds to support Canadians living with diabetes. Sign-up at 21DaysforDiabetes.ca or support those living with diabetes via your mobile device by texting "Diabetes" to 587-600-6088 to donate.



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Lions come roaring back

CFL PLAYOFFS

QB Jennings helps B.C. oust Winnipeg, book date in Calgary

Jonathon Jennings looked left, then over the middle, and finally to his right.

With no one open, the pocket collapsing and his mental clock ticking down, the quarterback for the B.C. Lions chose to try and go it alone.

"It was crazy. I went through so many different reads," said Jennings. "Nothing was there."

It turned out to be a wise decision.

Jennings broke a tackle from hard-hitting Winnipeg safety Taylor Loffler to score his second rushing touchdown of the fourth quarter on a gutsy nine-yard scamper with 66 seconds left, as the Lions came back to defeat the Blue Bombers 32-31 on Sunday in a wild CFL West Division semifinal.

B.C. trailed 25-6 just before halftime. Jennings was intercepted on the second play from scrimmage and then fumbled deep in Winnipeg territory, but the second-year QB rallied his team with a performance worthy of a veteran.

"I can't explain it," said Lions wide receiver Bryan Burnham.

"It's so surreal watching him out there playing."

"Some of the things he does ... I mean that last play was amazing."

Winnipeg was still alive after the Lions' two-point conversion attempt that would have put the hosts up by three failed, but rather than go for it on third and four from the B.C. 53 with 36 seconds left, the Bombers elected to try a 61-yard field goal from Justin Medlock that came up well short.

"We could have folded," said B.C. defensive back Ryan Phillips. "We kept fighting. I think that speaks volumes for how this year has been."

"We've had some down times, we've had some high times, and we experienced all of those in this one game."

Jennings finished 26 of 35 passing for 329 yards with a touchdown tosses to Burnham and Terrell Sinkfield for the Lions, who will play the Calgary Stampeders in next Sunday's West final.

Jeremiah Johnson rushed 11 times for 110 yards and scored B.C.'s other TD on the ground, while Paul McCallum added two converts.

Matt Nichols was 26 of 40 with touchdown passes to Brett Smith for the Bombers, who returned to the playoffs for the first time since 2011, but were left disappointed after scoring just six points after halftime



Lions quarterback Jonathon Jennings, left, celebrates what would be the game-winning score with Stephen Adekolu on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

against a team they beat twice last month in the regular season.

"Credit to their defence," said Nichols. "Going against a high-powered offence like that, you know you have to score points

to win.

"They did a good job and we didn't do enough."

Andrew Harris carried 11 times for 61 yards and a touchdown against his former club,

while Medlock added three field goals, three extra points and a kickoff single. Smith had seven catches for 106 yards, and Weston Dressler caught three balls for 98 yards. THE CANADIAN PRESS

White, Eskimos run over Ticats

John White wants to return to the Grey Cup the right way.

White ran for 160 yards and two TDs to lead the Edmonton to an exciting 24-21 East Division semifinal win over Hamilton on Sunday. Sean Whyte kicked the game-winning nine-yard field goal with seven seconds remaining after Kenny Ladler's interception gave the Eskimos possession at the Tiger-Cats' 20-yard line.

Ladler's interception also won him the team pool for top defensive play of the game.

White was Edmonton's best answer to the stiff southwest wind that gusted up to 40 km/h throughout the contest. And that was no accident as the Eskimos boasted the CFL's second-leading ground attack this season (103.7 yards per game).

The five-foot-eight, 186-pound White reluctantly watched Edmonton's Grey Cup-winning run last year because of an Achilles injury. Healthy again, he's anxious to be a key cog in the Eskimos' title defence.

"Man it feels great," White said. "I'm not going to get too into it but I just want to take care of the next game and try to get to that Grey Cup the right way." THE CANADIAN PRESS

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McGregor makes history in NYC

UFC 205

Irishman takes out Alvarez to become first two-class champ

Conor McGregor raised his arms in triumph before he stepped inside the cage, the cocky Irishman playing to a crowd going wild for UFC's greatest champion. McGregor packed fans to the Madison Square Garden rafters and drove them into a frenzy as he packed a vicious punch against Eddie Alvarez.

McGregor, 28, confidently knocked out the overwhelmed Alvarez in the second round to win the UFC lightweight title Saturday in the main event of UFC 205 on a record night. He dubbed himself this week the King of New York. Now, he's been crowned a two-class champ. "What's next for me," McGregor bellowed inside the cage. The easy answer: whatever the "Notorious" one wants. McGregor

dominated from the opening bell of the biggest card in UFC history — on pace to set an MMA pay-per-view record — and the sold-out crowd of 20,427.

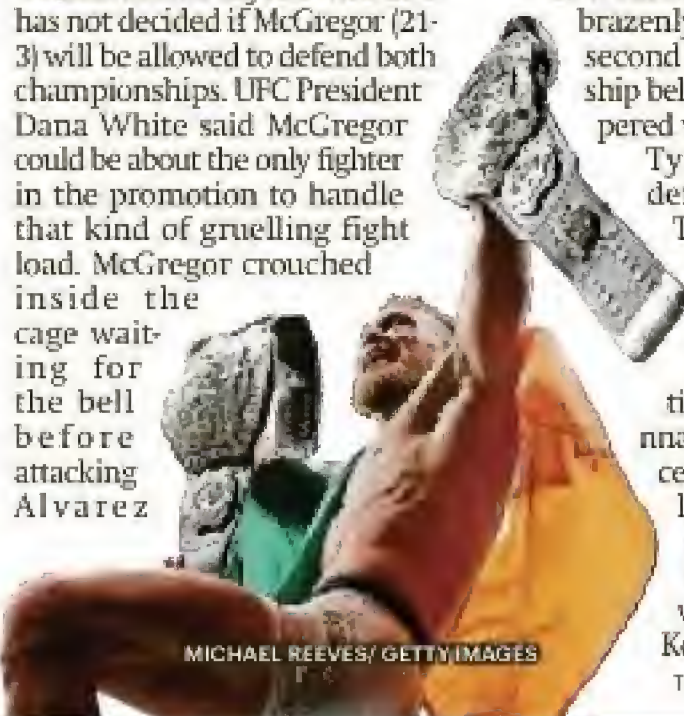
McGregor, also UFC's featherweight champ following a 13-second knockout of Jose Aldo, had predicted a fourth-round KO. Unlike UFC's laborious legal fight to reach New York, McGregor wouldn't make anyone wait. UFC has not decided if McGregor (21-3) will be allowed to defend both championships. UFC President Dana White said McGregor could be about the only fighter in the promotion to handle that kind of gruelling fight load. McGregor crouched inside the cage waiting for the bell before attacking Alvarez

(28-5). McGregor was the clear aggressor from the start, dropping Alvarez three times in the first round. McGregor forced Alvarez of Philadelphia to fight with his back to the cage and never absorbed a hard strike.

McGregor, UFC's biggest box-office star, unloaded a left and ended the fight at 1:52 of the second. McGregor lay waste to a battered Alvarez and brazenly demanded his second UFC championship belt in a speech peppered with profanities.

Tyron Woodley defeated Stephen Thompson via majority draw to retain his welterweight title in a fantastic fight and Joanna Jedrzejczyk successfully defended her UFC women's strawweight title with a decision win over Karolina Kowalkiewicz.

THE ASSOCIATED PRESS



MICHAEL REEVES/GETTY IMAGES



NFL ELLIOTT SHINES, COWBOYS MAKE IT EIGHT STRAIGHT Ezekiel Elliott and the Dallas Cowboys just keep on rolling. Not even a fake-spike special from Pittsburgh Steelers pivot Ben Roethlisberger could derail the hottest team in the NFL. Elliott ran for 114 yards and two touchdowns — both in the final two minutes — as the Cowboys pulled off a thrilling 35-30 victory on Sunday night for their eighth straight win. JUSTIN K. ALLER/GETTY IMAGES

IN BRIEF

Hamilton's Brazilian win means UAE showdown with teammate Rosberg

Three-time series champion Lewis Hamilton won Sunday's rain-delayed Brazilian Grand Prix, forcing a showdown for the season title with Mercedes teammate Nico Rosberg in Abu Dhabi, the United Arab Emirates, in the finale in two weeks.

THE ASSOCIATED PRESS

Blondin wins gold in China

Canadian speedskater Ivanie Blondin won gold in the women's mass start event on Sunday at ISU long track World Cup in Harbin, China.

THE CANADIAN PRESS

Logano's Phoenix win puts him into NASCAR finale

Joey Logano raced his way into NASCAR's championship finale with a victory Sunday at Phoenix International Raceway.

Defending series champion Kyle Busch finished second to earn the other transfer spot into the final four.

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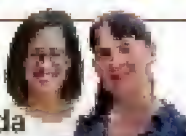
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PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada



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Prep time: 25
Cook time: 30
Serves 6

Ingredients

- 1 box (13.25 oz) lasagne sheets, fresh, pre-cooked or cooked
- 2 cups tomato sauce
- 2 cups fresh baby spinach
- 2 cups ricotta cheese
- 1 cup grated Parmesan
- 1/2 to 1 (8 oz) jar artichoke hearts, drained
- 1 egg
- 1/2 tsp salt
- 1 cup grated Fontina cheese, divided
- 1 cup grated mozzarella cheese

Directions

1. Preheat the oven to 350. Ladle thin layer of sauce on bottom of

a 9'x 13' inch baking dish.

2. In food processor, add spinach, ricotta, Parmesan, artichoke, egg and salt and process until you have a creamy mixture.

3. Create a rolling station by laying noodles out on a flat surface (lined with parchment) and mix Fontina and mozzarella in a bowl. Take a heaping Tbsp ricotta mixture and create a thin layer across the entire lasagna noodle. Sprinkle with Fontina and mozzarella mix.

4. Gently roll up noodle from one end to the other. Place roll-up seam side down in the prepared baking dish and repeat until all the lasagna noodles are filled.

Pour more tomato sauce over the tops of the lasagna roll-ups and sprinkle with remaining Fontina and mozzarella mix.

5. Loosely cover the baking dish with aluminum foil, and bake for 15 minutes. Remove foil, bake for another 15 minutes. Garnish with parsley if desired.

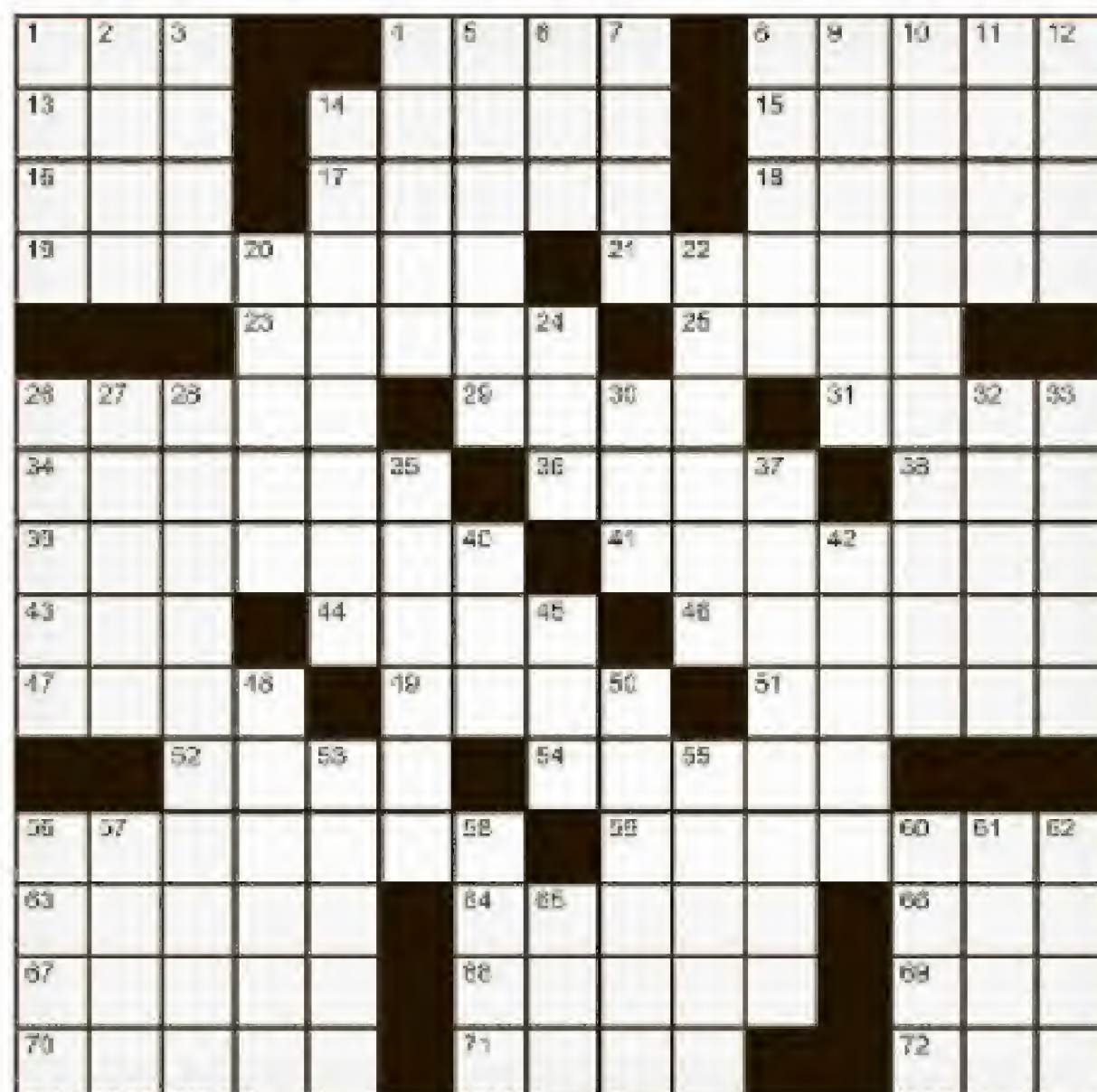
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Quite delicious!"
4. Filmdom's Cameron
8. Significant
13. Neil Young's "I ___ Child"
14. Mushrooms
15. Valley in Ontario depicted by The Group of Seven
16. CEO's deg.
17. NFL player in Baltimore
18. Grateful Dead's "___ Jones"
19. "If I Needed ___" by The Beatles
21. Milk containers
23. Hagar the Horrible's dog
25. "Walking in Memphis" by Marc ___
26. Sunday's supper
29. Wrongdoing, in law
31. Amongst
34. Bring about
36. Newbie
38. ___ pedestal
39. The entire 12 months: 2 wds.
41. Factory job
43. "Case of the Ex" songstress
44. Ontario: 16 Wing Borden, the "Birthplace of the ___"
46. Rock band, Faith ___
47. Gus Van ___ (Director)
49. Radiohead frontman Mr. Yorke
51. Hoodwinks
52. Ms. Hatcher
54. Beau ___ (Gracious action)
56. Popeye's craving



59. Plucks one's eyebrows
63. Berry from Chile
64. Justin Bieber mentor
66. Sept. __, Nov. __
67. Driving about-face
68. Crucifixes
69. Surprised shout!

70. Clarified butters
71. Sassiness, in slang
72. Broom alternative

DOWN

1. Tuber servings
2. Shield's cen-

- tre knob
3. Polite address for a lady
4. 1958: "Rebel-Rouser" by ___ Eddy
5. Reverse
6. 'Pass' suffix
7. Atomic Number 30
8. Prefix to 'biotic'

- (Type of diet)
9. Mystery writer Ms. Christie
10. American actor who stars on #14-Down (Trivia! He played Khal Drogo on "Game of Thrones"); 2 wds.
11. Mr. Reeves, Out-door & Garden Ex-

- pert on "The Marilyn Denis Show"
12. Liotta and Romano
14. New original scripted series on Discovery Canada set during the 1700s fur trade of the New World
20. English class assignment
22. TV show like #14-Down, ___/Adventure
24. High society, Bon ___
26. Paper quantities
27. Songbook standard: "It's ___ Paper Moon"
28. East Coast ocean, en français
30. Brit. fliers
32. Arm-___
33. Comedian Mr. Cook's
35. Exerciser's acid in muscles
37. Icing-on-cakes appliers
40. "Yahoo!"
42. Host an event
45. Lighthouse aura
48. Time on the job
50. Manner
53. Claude of "Casa-blanca" (1942)
55. Ingrid Bergman, far one
56. Self-satisfied
57. Route
58. John of "The Elephant Man" (1980)
60. Move quickly
61. Canyon feed-back
62. Discontinue
65. Old French coin

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because of the Full Moon, it's a crazy day with regard to spending money. Spend money on gas or food only. Take it easy. (It's for your own good.)

Taurus April 21 - May 21
Today the only Full Moon in your sign all year is taking place, which is why relations with others might be tough. Don't make any important decisions.

Gemini May 22 - June 21
There's no question that this is a crazy day at work. Chalk it up to the energy of the Full Moon. Easy does it. Postpone important decisions until tomorrow.

Cancer June 22 - July 23
This is a curious day. It's a Full Moon day; however, it's also a creative day, especially for artists. Nevertheless, be patient with your kids.

Leo July 24 - Aug. 23
Some Full Moons are easier than others. This isn't one of them. Be very careful when dealing with family members, as well as bosses, parents and VIPs.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for you because of the Full Moon energy. It just means that you could be distracted because of anger or even laughter. Pay attention.

Libra Sept. 24 - Oct. 23
This is a very poor day to make important decisions about inheritances or how to divide or share something. Postpone this kind of decision until tomorrow.

Scorpio Oct. 24 - Nov. 22
Relations with partners and close friends will be dicey, because today the only Full Moon opposite your sign all year is taking place. This creates stress on your relationships with others. Have patience.

Sagittarius Nov. 23 - Dec. 21
Things are a bit haywire at work today. Just do the bare minimum. Do not make any important decisions and do not volunteer for anything. Tomorrow is a better day.

Capricorn Dec. 22 - Jan. 20
Romantic relationships might be strained today because of the Full Moon's energy. Don't take anything seriously. Be patient, forgiving and affectionate.

Aquarius Jan. 21 - Feb. 19
This is a tough Full Moon for your sign because you are caught between the demands of home and family versus the demands of your job and your reputation.

Pisces Feb. 20 - March 20
Pay attention to everything you say and do today, because the Full Moon energy can make this an accident-prone day. Be alert.

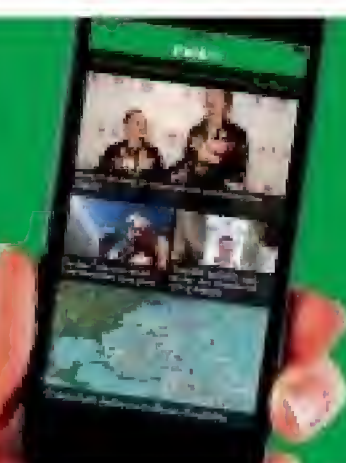
CONCEPTIS SUDOKU by Dave Green

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3	9	7	8	5	6	4	2	1
1	6	4	3	9	2	8	7	5
5	2	8	4	1	7	6	3	9
7	1	6	9	4	8	2	5	3
9	5	2	6	7	3	1	8	4
8	4	3	1	2	5	9	6	7

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